

Appendix 1 – Guernsey School Food Standards (November 2020)

	Term 1 (Winter 2020)	Term 2 (Spring 2021)	Term 3 (Summer 2021)	Term 4 (Winter 2021)
Fruit	One or more servings available every day			
		At least 3 different fruits every week (variety of colours)		
			A dessert containing fruit at least 2 times a week (less than 22.5g sugar/100g)	
				Provide a serving daily with every meal deal
				Fruit to be available daily in every school outlet
Vegetables	One or more serving available every day			
		At least 3 different vegetables each week (variety of colours, including green leafy veg)		
			At least one serving of vegetables or salad served with every meal	
				Provide a serving daily with every meal deal
				Vegetables to be available daily in every school outlet serving meals
Starchy Foods	One or more serving from this food group every day			
	Bread (all available varieties) with no added fat or oil must be available every day			
	Three or more varieties of starchy foods every week			
		One or more wholegrain variety every week	Two or more wholegrain varieties every week	50% of starch provided should be wholegrain

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		Starchy food cooked in fat or oil no more than two days each week (includes oven chips)		
Meat, fish, eggs, beans & other non-dairy protein	A serving from this food group every day			
	Red meat not to be served more than 3 days a week	A portion of meat or poultry is served on three or more days each week		
	Processed meat or poultry products on no more than 2 days each week	No more than 2 servings of processed meat or poultry product across the whole week		
		A portion of plant-based protein on three or more days each week	At least three varieties of plant-based protein each week	<i>Need to be determined for vegetarian/vegan standard</i>
	Two servings of fish each week, one not canned tuna			
	A serving of oily fish at least once every 3 weeks			
Milk & Dairy	A serving of milk or dairy food to be provided every day			
			<i>To investigate the need for the availability of dairy alternatives for those who are unable to consume dairy (e.g. soya, oat, rice, nut milks, yogurts and cheese)</i>	
		Yogurt (less than 10g sugar/100g) to be available 2 or more times each week	Yogurt (less than 10g sugar/100g) to be available 3 or more times each week	
			Skimmed or semi-skimmed milk must be available for drinking daily	
	Pastry to be served no more than 2 days a week	No more than 2 portions of food which contain pastry each week (across whole school day)		
		No more than 2 items each week that have been batter-coated		

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Food High in fat, sugar & salt	Savoury snacks to be limited to 100kcal servings (max of 115kcal)	Savoury crackers or breadsticks can be served at lunch with fruit, vegetables or dairy food	No snacks, except nuts (if permitted), seeds, vegetables and fruit with no added salt, sugar or fat (across whole school day)
	Confectionary & chocolate to be limited to 100kcal servings (max of 115kcal)	No confectionary, chocolate and chocolate coated products permitted (applies across whole school day)	No snacks, except nuts (if permitted), seeds, vegetables and fruit with no added salt, sugar or fat (across whole school day)
Food High in fat, sugar & salt (cont'd)	Biscuits & cakes to be limited to 100kcal servings (max of 115kcal)	Desserts, cakes & biscuits are allowed at lunchtime; they must not contain any confectionary (see The School Food Plan Standards for guidance on type & portion size). A maximum of two varieties of dessert, one variety of cake and one variety of biscuit is permitted each day.	
	Salt must not be available to add to food after it has been cooked		
	Condiments to be limited to sachets or portions of no more than 10g (1 teaspoon)		
Water	Free drinking water to be available at all times (responsibility of school)		
Healthier Drinks	Plain water (still or carbonated)		
	Lower fat milk or lactose reduced milk		
	Fruit or vegetable juice (max 200ml)	Fruit or vegetable juice (max 150ml)	
	Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks		
	Combinations of fruit or vegetable juice with plain water (still or carbonated) with no added sugar or honey. Max 330ml and at least 45% juice (but no more than 150ml juice)		
	Combinations of fruit juice with lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugar or honey		
	Tea coffee, hot chocolate less than 20kcal/100ml	<i>To investigate hot drink provision</i>	<i>To advise re. hot drink provision</i>