

## Appendix A – Guernsey School Food Standards Schedule

Food Group	Key Elements of the food-based standards			
	September 2013	Easter 2014	September 2014	September2015
Fruit & Veg	At least 2 servings per day			
Meat, fish and other sources of protein	A portion of meat, fish or other non-dairy sources of protein must be provided every day.			
	Red meat to be provided no more than 3 times/week in schools			
	Fish once/wk	Fish twice/wk	Fish twice/wk – once not canned tuna	
	Oily fish once/3 wks	Oily fish once/3 wks	Oily fish once/3 weeks	
Meat (manufactured or homemade) products - restricted	Meat products should be provided no more than <b>3/wk (or less to meet schools current standards)</b> across school day	Meat products should be provided no more than <b>4/wk (or less to meet schools current standards)</b> across school day	Meat products should be provided no more than <b>3/wk (or less to meet schools current standards)</b> across school day	Meat products should be provided no more than <b>2/wk (or less to meet schools current standards)</b> across school day
Starchy food	A starchy food must be provided every day (bread, pasta, noodles, rice, potatoes, low fat oven chips).			A starchy food must be provided every day (bread, pasta, noodles, rice, potatoes)
				Low fat oven chips & pastry can only be provided 1/wk each
	A type of bread with no added fat or oil must be provided daily		Extra bread with no added fat or oil must be freely available with meal	
Milk and Dairy Food	Milk or dairy food (cheese, yoghurt (including frozen), fromage frais and custard ; (but not butter or cream) must be provided every day			

Salt - restricted	Salt should not be added to food after the cooking process is complete. This means salt should not be provided at lunch tables or at service counters	
Condiments restricted	Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of not more than 10g or 1 teaspoon	
Savoury Snacks-restricted	Savoury crackers and bread sticks can be provided at lunchtime only	
	Savoury snack restrictions as per guidance* <i>(or less to meet school's current standards)</i>	Savoury snacks ( as per guidance*) may be provided only at lunch-time only
Confectionary**	Confectionary such as sweets or chocolate <b>only available at lunch time</b>	Confectionary ( as per guidance**) may be provided only at lunch-time only
Cakes and Biscuits	Cakes and biscuits allowed ( as per guidance*** i.e. must not include confectionary)	Cakes and biscuits ( as per guidance***) may be provided only at lunch-time only
Water	Free, fresh drinking water must be provided every day.	
Healthier Drinks	<p>The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit or veg juice, yogurt drinks or combinations of above (fruit juice and water combinations must be at least 50% juice)</p> <p>Flavoured (unsweetened) water and ice tea is permitted</p> <p>Tea, coffee and low calorie hot chocolate (no more than 20cal/100ml) are permitted</p>	<p>The only drinks permitted during the school day are:</p> <ul style="list-style-type: none"> <li>• plain water (still or sparkling),</li> <li>• skimmed or semi-skimmed milk, or milk-based drink (less than 5% total added sugar AND no more than 400ml)</li> <li>• fruit or veg juice (max 200ml), or fruit/vegetable juice and water combination (at least 45% juice, and no more than 330ml in total for beverage)</li> <li>• yogurt drinks (less than 5% added sugar AND no more than 400ml)</li> </ul> <p>Flavoured water &amp; ice tea not permitted</p> <p>Tea, coffee and low calorie hot chocolate (no more than 20cal/100ml) are permitted</p>

\* Guidance on Savoury Snacks:

**Savoury Snacks**

- No more than 100 calories per item

This includes for example: crisps, crisp-like products, pretzels, salted or sweetened popcorn, rice crackers, cream crackers, oatcakes and bread sticks.

**\*\*Confectionary**

- No more than 100 calories per item

This includes:

- chocolate and chocolate products (e.g. bars of milk, plain or white chocolate, chocolate flakes, buttons or spread)
- chocolate coated products (e.g. partially or fully coated biscuits, chocolate coated fruit or nuts, choc ices or cereals coated with chocolate)
- sweets including sugar-free sweets
- chocolate, yoghurt or sugar-coated dried fruit and nuts
- cereal bars, processed fruit sweets and bars

**\*\*\* Cakes and Biscuits**

No more than 100 calories per item

This includes:

- individual slices of cake, individual cakes (sponge, Swiss roll, fruit cakes, banana cake, apple cake, carrot cake, sponge fingers)
- buns, muffins and Chelsea buns
- pastries (croissants, Danish pastries, Bakewell tarts, jam tarts, mince pies, custard tart)

Biscuits include all types, sweet (digestive, ginger nuts, flapjacks, shortbread) and savoury (cream crackers, breadsticks, oatcakes).