

Head Teacher
Park Lane Learning Trust

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Dear Head Teacher,

School Food Regulations, 2014

I hope that you are well. I would like to remind you about the school food standards which are due to change from January 2015. Eden have prepared for the new school food standards ahead of schedule and we are able to give our guarantee that your current Autumn/Winter school menu is fully compliant.

These regulations include standards for food and drinks which apply at times other than lunch including breakfast, mid-morning break and after school clubs, as well as from vending machines and tuck shops. Please note these standards do not apply at parties, religious or cultural celebrations, or at fund-raising events.

Standards which apply across the whole school day:

Starchy Food:

- Starchy food cooked in fat or oil (e.g. roast potatoes, chips) no more than two days each week

Fruit and Vegetables:

- Fruit and/or vegetables should be available in all school food outlets

Meat:

- Meat products (e.g. sausages, meatballs) no more than once each week in primary schools and twice each week in secondary schools

Foods High in Fat, Sugar and Salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated each week
- No more than two portions of food which include pastry each week
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat
- No savoury crackers or breadsticks (*can be served at lunchtime only if served with fruit or vegetables or dairy food*)
- No confectionery, chocolate and chocolate-coated products
- No cakes, biscuits, pastries or desserts can be offered at any time other than at lunchtime (*except yoghurt or fruit-based desserts containing at least 50% fruit*)
- Salt must not be available to add to food after it has been cooked
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful

Milk & Drinks

- Lower fat milk must be available at least once during school hours
- Free fresh drinking water must be available at all times
- Only drinks from the 'healthier drinks' list are permitted (please find enclosed)

The standards detailed above apply across the whole school day, so if a restricted item is already offered the maximum amount of times on the lunch menu it should not be offered at any other time during the school day. For example, if your menu includes chips once per week and roast potatoes once per week, then no other starchy foods cooked in oil should be on offer at any other time.

If you would like further information on the Government's legislation for school meals you may wish to visit www.childrensfoodtrust.org.uk.

If you have any queries about the information provided please do not hesitate to contact myself or your Operations Manager.

Kind regards,



Amy Glass BSc (Hons) ANutr
Company Nutritionist

Healthier Drinks List

Free, fresh drinking water should be available at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice.