**Summary of the Food and Drink Standards across the School Day**

**Cooking/baking with pupils, Snacks for pupils, Footy Tea**

**Fruits and Vegetables**

**Outwith the primary School Lunch**

* Portions of fruit and/or vegetables must be made available in any place within the premises where food is provided.
* A portion is 40g.
* A portion of dried fruit is 15g.

**Oily Fish**

**Outwith the primary School Lunch**

* No standard.

**Red and Red Processed Meat**

**Outwith the primary School Lunch**

* Red and red processed meat is not permitted.

**Sweetened Baked Products and Desserts**

**Outwith the primary School Lunch**

Only products meeting the following criteria can be provided:

* No more than 7g of total sugar per portion.
* No more than 13g of fat per portion.
* No more than 4g of saturated fat per portion.

**Breakfast Cereals**

**Primary School meals / Outwith the primary School Lunch**

Only breakfast cereals meeting the following criteria can be provided:

* No more than 15g of total sugar per 100g.
* No more than 440mg of sodium per 100g.
* No more than 1.1g of salt per 100g.
* At least 3g of fibre per 100g.

**Deep Fried and fried Foods**

**Outwith the primary School Lunch**

* No fried foods can be available outwith the school lunch, with the exception of savoury snacks that meet the criteria outlined.

**Savoury Snacks**

**Primary School meals / Outwith the primary School Lunch**

The following savoury snacks can be provided:

* plain savoury crackers
* plain oatcakes
* plain breadsticks

**Outwith the primary School Lunch**

In addition, only pre-packaged savoury snacks meeting the following criteria can be provided:

* Pack size of no more than 25g.
* No more than 22g of fat per 100g.
* No more than 2g of saturated fat per 100g.
* No more than 600mg of sodium per 100g.
* No more than 1.5g of salt per 100g.
* No more than 3g of total sugar per 100g.

**Bread**

**Primary School meals / Outwith the primary School Lunch**

All Bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.

**Sweetened Yoghurts, Fromage Frais and other milk-based desserts**

**Primary School meals / Outwith the primary School Lunch**

Only sweetened yoghurt, fromage frais and other milk-based desserts meeting the following criteria can be provided:

* Maximum portion size of 125g.
* No more than 10g of total sugar per 100g.
* No more than 3g of fat per 100g.

**Pastry and Pastry Products**

**Primary School meals / Outwith the primary School Lunch**

* Pastry and pastry products must not be provided more than twice a week across the school day.

**Oils and Spreads**

**Primary School meals / Outwith the primary School Lunch**

Oils must contain a total saturated fat content which does not exceed 16 grams per 100 grams and:

(a) a total monounsaturated fat content of at least 55 grams per 100 grams; or

(b) a total polyunsaturated fat content of at least 30 grams per 100 grams.

Fat spread must contain:

(a) a total saturated fat content which does not exceed 20 grams per 100 grams; and

(b) a combined total monounsaturated and polyunsaturated fat content of at least 30 grams per 100 grams.

**Salt and Condiments**

**Primary School meals / Outwith the primary School Lunch**

* No salt shall be available to add to food after the cooking process is complete.
* Other condiments may be available to pupils only in individual portions of no more than 10 millilitres.

**Confectionery**

**Primary School meals / Outwith the primary School Lunch**

* No confectionery shall be made available in any place within school premises. Either as a separate item such as a chocolate bar or as an ingredient in products under any other standard such as sweetened baked goods or pastry items.

**Drinks**

**Primary School meals / Outwith the primary School Lunch**

The only drinks that can be provided are:

* Plain still or sparkling water
* Plain lower fat milk and calcium enriched milk alternatives
* No added sugar, lower fat milk drinks
* No added sugar, lower fat drinking yoghurts