



# Tastes



## UK School food standards

- **Starchy Foods:** Include a variety of starchy foods each week, with no more than two days of items cooked in fat or oil. Ensure bread without added fat or oil is available daily.
- **Fruit and Vegetables:** Offer fruit and vegetables daily, with at least three different fruits and vegetables each week.
- **Protein Sources:** Provide a daily portion of meat, poultry, fish, eggs, or non-dairy protein. Limit manufactured meat or poultry products to once a week in primary schools and twice a week in secondary schools.
- **Milk and Dairy:** Offer lower fat milk for drinking daily during school hours.
- **High-Fat, Sugar, and Salt Foods:** Restrict deep-fried, pastry, and snack foods. Confectionery is not allowed, and desserts, cakes, and biscuits at lunch must not contain confectionery.
- **Healthier Drinks:** Water must be available at all times. Permitted drinks include water, lower fat milk, fruit/vegetable juice, plain soya/rice/oat drinks, and certain combinations with limits on added sugars and fruit juice content.

These standards apply throughout the school day, and condiments must be limited to sachets or small portions.

