



NATIONAL
H E A R T
F O R U M

School Food Standards

Perspectives from the Caroline Walker Trust, Health Education Trust and NHF

Presented by:
Paul Lincoln and
Joe Harvey



Purpose

- School meal facts and figures
- Historical and policy context
- Why Nutrient based standards?
- CWT/NHF recommendations
- Key Issues



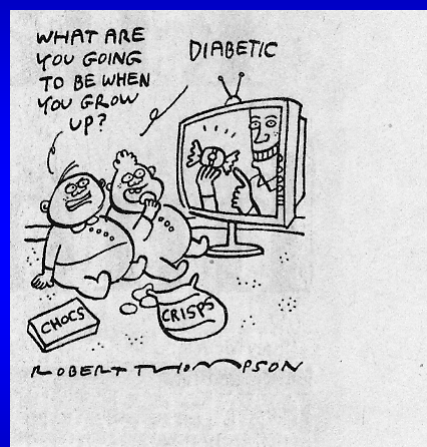
Facts and Figures

- 3.5 million meals each day
- 45% of school children
- England -17% primary , 15% secondary entitled to free school meals
- 40-69% inactive-1 hour a day



Historical Context

- 1994 Education Act
- 1980 Education Act
- 1992 Caroline Walker Trust Guidelines-The gold standard
- 2001 School meals delegated to all Secondary Schools and Minimum nutritional standards
- 2003 Welsh Assembly –free breakfasts for primary school children by 2006/school councils 2005
- 2002 Scotland “Hungry for Success”-whole school approach
- 2005 DH Choosing Health and DFES Raising the Standard



Why (Compulsory) Nutrient Based Standards?

- FSA/DFES survey 2004-food choices and inadequacy of food based standards
- Health and health inequalities impact and potential
- Fat, Sugar and Salt
- Vitamin A, riboflavin, folate, zinc, magnesium, calcium, potassium, iodine, fruit and vegetables
- Attendance, concentration and attainment
- School meals delegation
- Monitoring



CWT/NHF Recommendations

Food Policy

- Mandatory nutrient based standards
- School inspection process
- Standard cost regularly revised



CWT/NHF recommendations

Training and support

- School meal providers
- Governors and Head teachers
- Teachers and support staff
- Resources e.g. CD-ROM menu planning and curriculum



CWT/NHF recommendations

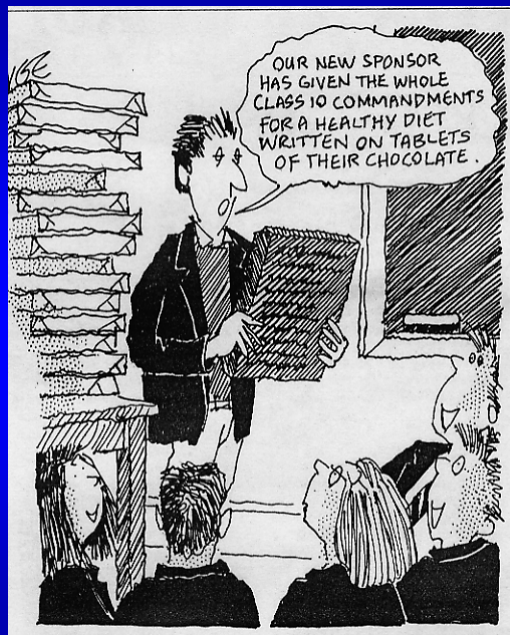
Monitoring

- Nutrient based standards – the framework
- Children and young people
- Included in school food contracts
- Annual report – school governing bodies



CWT/NHF recommendations

“Whole school approach : school nutrition policy”



Key Issues

- Audit and selective upgrade of equipment/facilities in school kitchens
- Training and accreditation for catering staff
- Review school meal regulations to include nutrient based standards
- Review of free school meal value
- Impact of delegated budgets on small schools



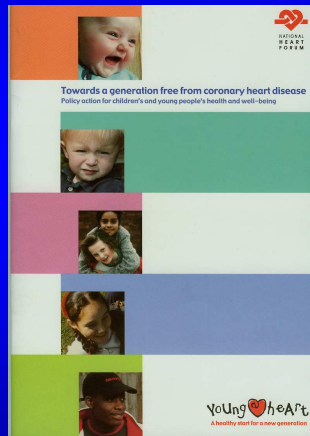
Key issues continued

- Cooking/food hygiene as core curriculum
- Establish database on schools meals service and monitor/evaluate interventions
- Fresh unprocessed food-locally supplied





NHF Publications



- **Young@Heart Policy Framework**

