



Appetite for Life Action Plan

**appetite
for
life**

Information

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Appetite for Life Action Plan

Audience	Local Education Authorities, Local Authority Caterers Association, Diocesan authorities; teacher and other associations and unions; training providers; employer bodies; employers; voluntary organisations; Children's Commissioner for Wales, Governing Bodies, Caroline Walker Trust, and all partners concerned with education, lifelong learning and skills, all those who responded to the consultation and all maintained primary and secondary schools.
Overview	This Action Plan sets out the strategic direction and actions required to improve the nutritional standards of food and drink provided in schools in Wales. Its development has been informed by: responses to the consultation exercise (which includes children and young people's views); lessons learnt from other parts of the UK; and detailed discussions with the Local Authority Caterers Association.
Action required	None - for information.
Further information	Additional Needs and Inclusion Division Welsh Assembly Government Cathays Park Cardiff CF10 3NQ Tel: 029 2082 6038 Fax: 029 2080 1044 E-mail: appetiteforlife@wales.gsi.gov.uk
Additional copies	Further copies of this document can be obtained from the address above.
Related documents	The Learning Country: A Paving Document. (2001) Wales: A Better Country (2003) Food and Well Being (2003) Well Being in Wales (2003) Making the Connections: Delivering Better Services in Wales (2004) Making the Connections: Action Plan (2005) Health Challenge Wales - Action on Food and Fitness for Children and Young People (2005) Learning Country 2: Delivering the Promise (2006) Health Challenge Wales - Food and Fitness for Children and Young People - Action Plan (2006) The Learning Country: Vision into Action (2006) Appetite for Life (2006) Developing a Whole School Food and Fitness Policy (2007)

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Foreword



A balanced diet is essential for our children and young people if they are to develop and grow into healthy adults. Eating the right food and getting enough physical activity are two of the most important things you can do to keep fit and full of life.

The UN Convention on the Rights of the Child is the basis for all the Welsh Assembly Government's work on children's policy, programmes and services.

It forms the foundation upon which my Cabinet colleagues and I take decisions on priorities and objectives at a national level, and are equally applicable for our partners in determining their decisions on strategy and service provision at a local level.

This Action Plan is one of a number of examples of developments across the children's agenda that illustrate how, when developing, delivering and evaluating services for children and young people, it becomes apparent that the core aims of the UN Convention on the Rights of the Child are not isolated but inter-linked and multi-layered. It also supports our programme for government set out in One Wales offering a progressive agenda for improving the quality of life of people in all of Wales' communities, from all walks of life, and especially the most vulnerable and disadvantaged. The Welsh Assembly Government's commitment to the principles of social justice, sustainability and inclusivity underpin our agenda to improve the provision of the food and drink provided in our schools.

Children matter for the future of Wales - their needs are at the centre of our vision for a healthy, prosperous and sustainable Wales. All stakeholders have an obligation to ensure our children have an appetite for life - **Appetite for Life** will help us deliver that obligation.

A handwritten signature in black ink that reads "Jane Hutt".

Jane Hutt AM

Minister for Children, Education, Lifelong Learning and Skills

Introduction

This Action Plan sets out the strategic direction and actions required to improve the nutritional standards of food and drink provided in schools in Wales. Its development has been informed by: responses to the consultation exercise (which includes children and young people's views); lessons learnt from other parts of the UK; and detailed discussions with the Local Authority Caterers Association.



Background

Increasing levels of childhood obesity and its impact on health and well-being is a concern for everyone, especially in relation to reducing health inequalities. Poor diet is a major contributing factor and the Welsh Assembly Government is taking a proactive role in addressing many of the issues which are linked to this, whilst others are being addressed at the UK and EU levels. Key stakeholders responsible for advice, delivery and implementation also have a critical role to play if we are to successfully tackle these issues in partnership with informed consumers, parents, families and the wider community.

Implementation of *Food and Well Being*¹, the joint Food Standards Agency Wales (FSA) and Welsh Assembly Government nutrition strategy for Wales, has begun to tackle improving diet for the whole population. The strategy aims to overcome barriers to accessing a healthy diet, particularly for priority groups, which include children and young people.

The report from the *Quality of Food Task and Finish Group* outlines the challenges across all relevant Welsh Assembly Government portfolios that need to be addressed to improve the quality of food consumed in Wales. Quality of Food is underpinned by three ethical principles - well being, justice and accountability. In addition, seven priority issues for food quality in Wales have been identified based on these three ethical principles - health, safety, environment, fair trade, economic viability, accessibility/affordability and culture. The consultation period ends on 30 December 2007 and the feedback will be analysed and used to develop a Quality of Food Action Plan and contribute to the development of a revised Agri-Food Strategy. The Appetite for Life Action Plan is an intrinsic part of the delivery of this wider strategy.

The 5-year *Food and Fitness Implementation Plan*² outlines a range of actions to improve nutrition and levels of physical activity amongst children and young people.

In July 2005, a Food in Schools Working Group was established to look specifically at Action 2 in the Food and Fitness-5 year Implementation Plan - "Improve the food and drink consumed throughout the school day"- and how to ensure a consistent and



¹ <http://www.food.gov.uk/multimedia/pdfs/foodandwellbeing.pdf>

² <http://new.wales.gov.uk/topics/health/improvement/food/action/?lang=en>

coherent approach to driving forward improvements. The group not only considered the introduction of more stringent standards for school lunches but also setting new minimum standards for **all** food and drink available throughout the school day.

This group included dieticians, headteachers, school caterers, Local Authority Caterers Association, public health experts, Food Standards Agency Wales, Caroline Walker Trust, Soil Association, Organic Centre Wales, Welsh Local Government Association, the Welsh Food Alliance, representatives from Local Authorities and Welsh Assembly Government officials from the Department for Children, Education, Lifelong Learning and Skills, the Department for Public Health and Health Professions and Value Wales.

As a result of the work of that group, the consultation document Appetite for Life was issued in June 2006, with separate children's (primary school age)³ and young people's (11 to 14-year-olds)⁴ versions issued in September 2006. Youth forums were invited to take part in facilitated sessions. Neath Port Talbot, Newport and Gwynedd youth forums took up this invitation and feedback on the process was very positive. The consultation ended on 31 October 2006.

In total we received 533 responses of which 185 responded to the main document; 231 to the Young People's document and 117 to the Children's document. In broad terms respondents were supportive of all 41 proposals. It was clear from the volume and detail of the responses received that there was a real commitment to moving this agenda forward.

Way Forward

Teresa Filipponi, the Appetite for Life Co-ordinator took up her role on 30 April 2007, her main role will be to provide practical support to local authorities, caterers and schools on implementing Appetite for Life. Her role also involves developing and implementing a marketing and communication strategy to support the delivery of Appetite for Life at both a local and a national level.

³<http://new.wales.gov.uk/consultations/closed/educandskillscloscons/957627/?lang=en>

⁴<http://new.wales.gov.uk/consultations/closed/educandskillscloscons/957629/?lang=en>

There is general recognition and agreement that the provision of food and drink in schools needs to change; however what is critical is how we introduce and manage that change successfully. Information gathered from previous research, the consultation exercise, caterers and from other parts of the UK has illustrated that the challenges facing secondary schools will be far greater than that for primary schools. The introduction of any changes to the food and drink provided in schools will only be effective if we work with children and young people to ensure they consume the healthier options on offer; any such approach needs to be well thought through and carefully planned. Evidence shows that introducing change rapidly without testing increases the risk of failing.

With this in mind, a 2 year action research project involving four local authorities will run from September 2008 to develop, and test the guidelines for implementing the food and nutritional standards proposed in this action plan and learn lessons from this project to inform wider application across all maintained schools in Wales.

Alongside this work, funding will also be made available via a specific grant scheme to support, across all authorities, those schools not involved in the action research project who wish to progress to the new standards proposed in this action plan.

The Appetite for Life Coordinator will be working directly with LEAs to support the practical implementation of Appetite for Life at a local level. This work involves the facilitation of 4 regional groups with 1 LEA from each of these groups participating in the Action Research Project - this will help LEAs learn and share information arising from the project on an ongoing basis. The action research method proposed involves a dynamic cyclical process of review, planning and monitoring. It is also the intention that stakeholder workshops will take place throughout the lifetime of the project to facilitate learning and sharing of information as it arises, beyond those authorities/schools involved in the project, rather than waiting for interim reporting dates. The interim report will be disseminated as appropriate according to the nature of the report itself. It is anticipated that learning from the action research process will already have been shared across the groups mentioned above. Healthy school coordinators will have a key role to play in supporting schools in utilising this information to best effect.

1. Nutrient, Food and Drink Standards Across the Whole School Day



At present, the *Education (Nutritional Standards for School Lunches) (Wales) Regulations 2001*⁵ set nutritional standards for school lunches only, for registered pupils at maintained nursery schools, community, foundation and voluntary primary and secondary schools and community and foundation primary and secondary special schools. These are minimum compulsory standards. Local authorities and schools are free to set higher standards.

Schools participating in the action research project will test the introduction of more stringent standards not just for school lunches but also minimum standards for the provision of food and drink available across the whole of the school day. Schools not participating in the project, who wish to set higher standards than the minimum compulsory standards currently in place, should also work towards the standards proposed in this action plan.

a. Food and Nutrient Based Standards for School Lunches

The new more stringent standards used for the project will be applied to all food, not just set menus, provided in school cafeterias and dining rooms at lunchtime. Detailed practical guidance interpreting what the standards mean will be made available to help schools introduce the new standards. This guidance will be revised and updated to reflect lessons learnt throughout the lifetime of the project using an action research approach.

Nutritional analysis software has been procured to enable caterers to plan menus using their own recipes and to share their recipes with catering colleagues across Wales. This software will be available to all school catering providers not just those participating in the project. It will enable the Welsh Assembly Government to monitor compliance with the standards at a local and at a national level, and identify areas which may need refinement and/or additional support.

The Food Standards Agency has funded a research project to investigate the effects of mixtures of certain food colours on behaviour in children. The report will undergo a peer review process before being published. Conclusions that are relevant to food provided in schools will be taken into account in supplementary guidance for schools.

⁵ http://www.opsi.gov.uk/legislation/wales/wsi2001/wsi_20011784_mi.pdf

Food standards (Table 1)

These are intended to assist school caterers in preparing for the new more stringent nutritional standards. These will define types of food which have limited nutritional value and are restricted or removed and those which should be served more frequently to contribute to a healthy diet. A key area for discussion was the issue of deep fried food items and the need to provide healthier food that is attractive and palatable to pupils. The Food in Schools Working Group, following extensive discussions with caterers and with representatives from the food industry, have revisited the definition of 'deep fried food items' included in the consultation document and have produced what they believe is a more realistic and practical definition. The consultation exercise also identified that producing a menu including oily fish that appealed to pupils would be challenging but necessary. Sharing ideas and menus will help address such challenges and is an area that the Appetite for Life Coordinator will be seeking to take forward as part of her role.

The food standards also specify that schools should aim to meet the FSA's voluntary target nutrient specifications (TNS) for manufactured products used in school meals, which were developed to help caterers meet nutrient-based standards for school lunches. The specifications also set maximum levels for total fat, saturated fat, total sugars and salt, and minimum levels of protein for a range of products. This will also help ensure an adequate protein intake for pupils who select vegetarian options.

Nutritional standards (Table 2)

It is an established principle of nutritional guidance that lunch should provide approximately 30% of daily nutrient requirements. However, the Appetite for Life consultation recommended targets for the nutrient content of school meals based on those set out by the *Caroline Walker Trust (CWT) Nutritional Guidelines for School Meals*⁶. These recommend that a school meal should provide 40% of the reference nutrient intake so as to make good some of the nutrient deficiencies identified in the 4-18 year old population. Following extensive discussions, and reflecting on lessons learnt from

other parts of the UK, the Food in School Working Group concluded that new standards should require school lunches to provide a minimum of 35% of the requirement for each vitamin and mineral listed, based on the needs of those with the highest requirement in the relevant (primary or secondary) school aged population - "the greatest need principle". As this minimum standard exceeds 30% contribution from lunch, it will make a positive difference to the nutritional intake of school children, and should be practical for caterers to deliver in terms of devising menus that children will actually eat.

The principle of greatest need (meeting the highest requirement within a primary or secondary school mixed age-sex group) has not been applied to energy. The view of the Food in Schools Working Group was that this could lead to either over-consumption or to increased levels of food wastage. The standards for macronutrients and sodium have also not followed this principle. In the case of macronutrients, it would have generated recommendations for diets higher in fat, saturated fatty acids and sugars than are currently recommended for primary and secondary school pupils and, in the case of sodium, the nutritional standards have not followed the principle of greatest need to avoid diets with more salt than recommended for school age children.

In response to the consultation exercise, a task and finish group has been established to consider in relation to the new standards, how schools can meet the dietary needs of minority ethnic pupils and pupils with therapeutic dietary needs.

b. Other School Food and Drink

There has been a significant shift in the patterns of food consumption in schools with food and drink effectively available throughout the school day. The school meals service will be promoting positive nutrition messages by providing healthier more nutritious lunches. To ensure a consistent and coherent approach, these messages need to be reflected in the provision of all food and drink throughout the school day - breakfast and break-time provision, tuck shops and vending. The challenges facing primary and secondary schools differ. A key issue for secondary schools is successfully managing the

transition to healthy vending. Engaging and consulting with pupils at an early stage is essential; their participation should be actively promoted and pursued. The need for this was borne out by the results of the Appetite for Life consultation exercise where the vast majority of responses to the young people's version were against banning the sale of confectionery (sweets and chocolates), cereal bars and packaged and processed savoury snacks (crisps etc.).

Snack Food

Snack food provision in schools should have a clear nutritional benefit; it should both enhance and complement the school meal service and not undermine it. In primary schools, it should be restricted to fruit at break-time. Consideration should be given to the fat, salt and sugar content of the snack food⁷ items available in secondary schools. The FSA's signpost labelling criteria on what constitutes high and low levels should be used, ultimately working to achieve the FSA's target nutrient specifications.

Drinks (Table 3)

The essential need is to provide readily available drinking water. Drinking water throughout the day is an important way of protecting health and contributing to well-being. Water is a healthy drink and does not damage teeth. Children achieve more when their health and learning needs are met. It is important therefore to ensure that they have easy access to drinking water, at no cost, in an appropriate place and throughout the day.

In addition to water, primary schools may wish to take advantage of the free and subsidised milk schemes. Fruit juice should only be provided alongside a meal and not as a snack; this is due to its acidity and the desirability of encouraging pupils to eat whole fruit which provides fibre as well as vitamins. In addition to the canteen service, drinks in secondary schools can also be provided through vending and/or tuck shops. The Food in Schools Working Group considered a number of principles when arriving at the list of drinks that should be permitted in secondary schools including hydration; nutritional benefit; and effect on teeth.

⁷ "Snack food" does not include confectionary, cereal bars and packaged processed savoury snacks

Lunchboxes

To support the whole school approach to improving food and nutrition in schools it is important that practical and informative support on lunchbox preparation is available to parents. This help is to provide pupils with clear and consistent messages on healthy eating since lunchboxes are an important aspect of the food and drink provision in schools, and if a child chooses to have a packed lunch that option should be as healthy as possible. Leaflets⁸ have been produced, aimed at parents and carers of primary school children, providing some ideas for healthier lunchboxes. The "Healthy Lunchboxes - ideas for primary schools" publication has also been produced for schools suggesting a variety of approaches to raising awareness of the types of food which children bring to school to eat at lunchtime.

The Food Standards Agency has also produced tips and menus for healthier lunchboxes⁹.

⁸ <http://new.wales.gov.uk/topics/health/improvement/food/action/?lang=en>

⁹ <http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/lunchboxtips/>

Action 1: Introduce and implement new nutrient, food and drink based standards (see tables 1, 2 & 3)

How?	Why?	Timing?	Who?
Action Research Project.	To develop and test the guidelines for implementing the food and nutritional standards proposed in Appetite for Life using an action research approach.	2 year project commencing September 2008. Baseline data collection (February - July 2008). Schools to commence September 2008. Research reports - interim report summer 2009 and final report summer 2010.	Welsh Assembly Government, schools in selected local authorities.
Develop draft guidance in consultation with key stakeholders.	To provide practical advice and support on how to implement the changes to the provision of food and drink.	Late spring/early summer term 2008.	Additional Needs & Inclusion Division, Welsh Assembly Government. Caterers in discussion with the Appetite for Life Co-ordinator.
Appetite for Life Grant Scheme.	To support schools and local authorities in making the transition to the new food and drink standards proposed in this action plan.	Funding available to local authorities from April 2008 to April 2010.	Additional Needs & Inclusion Division, Welsh Assembly Government.
Maintain the primary school free breakfast initiative.	To help improve the health and concentration of children to assist in the raising of standards of learning and attainment.	Ongoing.	Additional Needs & Inclusion Division, Welsh Assembly Government in partnership with Local Authority Breakfast Coordinators.

How?	Why?	Timing?	Who?
Procure and manage rollout of nutritional analysis software and associated training.	To facilitate the implementation of the standards by enabling caterers to analyse menus that could be accessed and utilised on an all-Wales basis.	Contract awarded Summer 2007 Rollout to caterers from autumn 2007.	WLGA (utilising grant funding from the Welsh Assembly Government) in discussion with the Welsh Assembly Government.
Establish a task and finish group to consider, in relation to the new standards, how the dietary needs of minority ethnic pupils and those with therapeutic dietary needs can effectively be met.	To recommend practical approaches, in relation to the new standards, on how schools can effectively meet the dietary needs of minority ethnic pupils and those with therapeutic dietary needs.	Group established June 2007. Disseminate initial findings to caterers/schools Spring 2008.	Additional Needs & Inclusion Division, Welsh Assembly Government.
Provide water, free of charge, at a number of sites throughout the school (such water sources to be physically divorced from the toilets) and throughout the school day.	In recognition that as well as benefiting general all-round health, drinking plenty of water can also improve mental performance and overall concentration levels.	Ongoing - recommend schools consider as part of their whole school food and fitness policy.	Schools.
Work in partnership with the Department for Environment, Food & Rural Affairs (DEFRA) to seek the introduction of a flat rate aid from the EU for all categories of school milk.	To increase support for lower fat types of milk in recognition of the health benefits.	Date for implementation to be confirmed.	Additional Needs and Inclusion Division, Welsh Assembly Government.

How?	Why?	Timing?	Who?
Provide guidance to pupils and parents on the preparation and provision of nutritious packed lunches and other food brought into schools.	To support and reinforce the whole school approach to improving the diet of children and young people.	Leaflets issued Spring 2007. On-line guidance available from: http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/lunchboxtips/	Health Improvement Division, Welsh Assembly Government.
Provide guidance to schools on healthier lunchboxes.	The school meals service will be promoting positive nutrition messages and in order for packed lunches to be consistent with this, the importance of providing information and support to parents is highlighted through this guidance.	Guidance issued Autumn 2007.	Health Improvement Division, Welsh Assembly Government.
Appoint an Appetite for Life Coordinator (funded by the Welsh Assembly Government).	To assist in the practical implementation of Appetite for Life at a local level. To build strong working partnership with local authorities, caterers, schools and other key stakeholders and to manage these relationships effectively to help facilitate the successful implementation of Appetite for Life.	Teresa Filipponi took up her role as the Appetite for Life Coordinator on 30 April 2007 - this appointment is initially for two years.	WLGA in partnership with the Welsh Assembly Government (Additional Needs & Inclusion and Health Improvement Divisions).

2. School Catering

Critical to the successful implementation of Appetite for Life is the establishment and development of a robust and responsive infrastructure at a local level. A key part of this is providing catering staff with the skills and equipment necessary to deliver the changes. This includes all catering staff (local authority and other school meal providers) delivering school meals in all maintained schools in Wales.

The Welsh Assembly Government has put in place a training package for school caterers, which is being rolled out over 2 years (2007 and 2008). This enables local authorities to provide training for qualifications in healthy eating and practical cookery skills. In addition, the Welsh Assembly Government has provided a one-off revenue grant payment in 2006-07 to enable local authorities to purchase equipment for school kitchens/dining rooms. Both grant schemes have been well received by school caterers.

Respondents to the consultation exercise supported the Food in School Working Groups view that school meal caterers are central to the whole initiative, and that they should be represented on school nutrition action groups and have links with school councils. It is vital that school caterers' skills and expertise are fully utilised - this will contribute to the development of a motivated workforce that is a recognised and valued part of the school community. This is much needed, particularly as some caterers have felt their work devalued as a consequence of negative media coverage of school meals.



Action 2: Develop and utilise catering staff and equipment to maximum effect to support the delivery of change

How?	Why?	Timing?	Who?
Provide local authorities with a specific grant to train school catering staff (including school caterers not employed by local authorities) in healthy eating and practical cookery skills.	To support caterers by providing them with the skills to prepare healthier foods and promote healthier choices within schools.	Grant funding of £1.2m available for Jan - Dec 2007 and £0.6m available for Jan - Dec 2008.	Additional Needs & Inclusion Division in partnership with Health Improvement Division - Welsh Assembly Government.
Conduct a training needs analysis to establish number of caterers trained and details of courses provided by local authorities (external courses e.g. RIPH, CIEH and in-house training).	To enable local authorities to identify skills gaps and as a consequence develop and implement a training and development plan to equip catering staff with the skills required to support a smooth transition to the new more stringent standards.	Achieved - Each local authority identified, as part of their application to the Welsh Assembly Government for grant funding to train school catering staff, the number of catering staff trained and to what level.	Additional Needs & Inclusion Division in partnership with Health Improvement Division – Welsh Assembly Government.

How?	Why?	Timing?	Who?
Make available 'Provide a Healthier School Meals Service' Level 1 VRQ - a new qualification designed by People 1st for FSA and DfCSF for staff involved in the preparation and service of school meals. The qualification is accredited in Wales by the Welsh Assembly Government, and has been adopted by a range of awarding bodies including City and Guilds, ASET, ABC and NCFE.	To support caterers by providing them with the skills to prepare healthier foods and promote healthier choices within schools.	Already provided.	Available from colleges of further education. The Welsh Assembly Government has worked with the Food Standards Agency Wales and People 1st to ensure that the course is available bilingually.
To work across the Sector Skills Councils to produce a unified workforce development plan.	To support the implementation of food and health policy in Wales.	Sept 2007 - March 2009.	Health Improvement Division, Welsh Assembly Government.
Catering staff to be represented on groups such as School Nutrition Action Groups and links made with individual school councils.	Catering staff are central to developing and implementing a whole school approach to improving school food. Their practical skills should be valued and utilised to the full.	Ongoing.	Schools and Caterers with support from Local Healthy School Scheme Co-ordinators and Local Authorities.

How?	Why?	Timing?	Who?
Provide local authorities with a specific revenue grant to purchase kitchen/dining room utensils/equipment.	To improve school kitchen/dining room facilities.	This grant (£1.3m) was made available in January 2007.	Additional Needs & Inclusion Division, Welsh Assembly Government.
Engage with caterers to fully reflect their needs and practical application of the Nutritional Analysis Software package, and associated training.	To ensure system is fit for purpose and to support caterers by providing them with the skills to analyse and develop nutritionally balanced menus.	Summer 2007.	Appetite for Life Co-ordinator.
Establish catering network consortium.	To facilitate sharing and learning to improve the delivery of the school catering service.	Established September 2007.	Appetite for Life Co-ordinator.

3. Whole School Approach

Children's behaviour patterns are set very early in life and by the time they reach adolescence behaviours can be very hard to change. Appetite for Life recognises that food provided at school, although important, forms only part of children and young people's diets. At the same time, school provides an ideal environment to convey positive messages on healthy eating and to support them through appropriate behaviours. In taking forward this agenda, we want to make a difference to children's lives inside and outside school and as they grow older. That is why it is critical that we promote the development of the skills necessary to support healthy eating in the wider environment.

Food and fitness policies

Many schools already consider food and fitness activities as part of their healthy school work. The Welsh Assembly Government has provided guidance *Developing a Whole School Food and Fitness Policy*¹⁰ to support schools in developing and implementing a coherent approach to food and fitness policies. It is for individual schools to decide whether to set out their approach in a distinct Food and Fitness Policy or as part of a wider health policy. There is no suggestion that schools have more than one policy document. All schools are encouraged to have whole-school food and fitness policies in place by September 2008. A number of key stakeholders should be involved in the development of a school's food policy such as representatives from the school's Senior Management Team, key curriculum staff, school council representatives, governors, parents and catering staff. Local Healthy Schools Scheme Co-ordinators will support schools in the development of such policies.

The guidance recognises that, as part of developing and implementing a whole school approach, a number of key issues need to be considered including: the school's ethos; the curriculum; the environment; links with the wider community; implementation; and monitoring. All are important if a school is to successfully develop and implement a whole school approach. The length of lunchtime, involvement of lunchtime supervisors, and keeping parents informed all contribute to the overall impact of the school's food policy.

¹⁰ <http://new.wales.gov.uk/docrepos/40382/cmo/improvement/food/health-eating/school-food-fitness-policy-e.pdf?lang=en>

Funding is available under the Better Schools Fund, to support schools in developing initiatives under Appetite for Life that contribute towards the development of a whole school food and fitness policy. Since it is linked to development of new plans it is available for two years (2007-08 and 2008-09).

As part of a school inspection, Estyn inspectors look for evidence that, in either a Food and Fitness policy or as part of another policy (e.g. a Healthy and Active Lifestyles policy), schools have an effective approach to the promotion of food and fitness. This evidence contributes to answering Key Question 4 of the inspection process on arrangements that encourage and enable learners to be healthy.

Curriculum

On 9 October 2007, the Minister for Children, Education, Lifelong Learning and Skills gave a Plenary statement, announcing the introduction of the revised school curriculum, to be implemented from September 2008. The proposals strengthen considerably the place of food education in the school curriculum in Wales. The place of food and practical skills, in the National Curriculum Order for Design and Technology will have greater significance and status. In particular: practical food preparation skills will be made compulsory at Key Stages 2 and 3; and food will be a compulsory material at both key stages.

The proposed Foundation Phase curriculum for 3 - 7 year olds has, as one of its seven areas of learning *Personal and Social Development, Well-being and Cultural Diversity*. This will provide children with the opportunity to develop their understanding that exercise, hygiene and the right types of food and drink are important for healthy bodies. The physical development area of learning includes a section on health, fitness and safety.

The proposed Framework for Personal and Social Education (PSE) has Health and Emotional Well-being as one of its five key themes, with a clear emphasis on diet, food and fitness and the importance of healthy eating.

Support materials for schools will be produced in 2008 to accompany the revised curriculum in 2008, and the document *Food in the School Curriculum in Wales*¹¹ will be revised and updated as part of this.

External support

As part of the whole school approach, the Welsh Assembly Government has been exploring ways of developing innovative approaches to the teaching of nutrition/cookery skills. There have been a number of developments including the Cooking Bus, a specially designed mobile trailer that provides 4 fully fitted kitchens complete with qualified teachers. It is run for the Welsh Assembly Government by Design Dimension Educational Trust under their Focus on Food branding. It focuses on visiting primary schools in Communities First areas, which are part of the Welsh Network of Healthy School Schemes and already working on healthy eating and physical activity.

The FSA Wales' mobile resource¹² trailer also visits schools to introduce and reinforce healthy eating and food safety messages through interactive games and pantomimes.



¹¹<http://accac.org.uk/uploads/documents/106.pdf>

¹²<http://www.food.gov.uk/wales/safetyhygienewales/resourcetrailer/>

Action 3: Support schools in developing a whole school approach to food and nutrition

How?	Why?	Timing?	Who?
Produce and issue guidance for schools on how to develop and implement a whole-school food and fitness policy in partnership with key stakeholders.	To support schools in developing and implementing a coherent approach to food and fitness policies.	Guidance sent to all schools September 2007.	Health Improvement Division, Welsh Assembly Government.
Make available funding through the Better Schools Fund under Activity 3: Pupil Support, Welfare and Health - Appetite for Life.	This activity supports initiatives under Appetite for Life that provide for and facilitate the development and implementation of a whole-school food and fitness policy in partnership with key stakeholders.	All schools encouraged to have a whole-school food and fitness policy in place by September 2008. BSF funding supports school preparation and early implementation of the new plans and is available during 2007-08 and 2008-09.	Additional Needs and Inclusion Division, Welsh Assembly Government Local Authorities.
Strengthen the standing of healthy living in the Curriculum (within D&T, PSE, PE and science subjects) Produce Curriculum Guidance placing a clear emphasis on diet, food and fitness and the importance of healthy living.	To support development of whole school approach to food and fitness; and to link to Education for Sustainable Development and Global Citizenship.	Support materials will be produced for schools to accompany the revised curriculum being introduced from September 2008.	Qualifications and Curriculum Group, Welsh Assembly Government.

How?	Why?	Timing?	Who?
The Cooking Bus to visit primary schools to offer cooking lessons for pupils, a training session for teachers, and a cookery session for parents of young children at each location.	Targeting schools in Communities First areas which are part of the Welsh Network of Healthy School Schemes, and which are already undertaking food and fitness actions as part of their work, since a co-ordinated approach is likely to be most effective.	Local healthy schools co-ordinators are helping to identify schools which meet the criteria; and Design Dimension then plan a provisional programme and contact the school.	It is run for the Welsh Assembly Government by Design Dimension Educational Trust under their Focus on Food branding.
Work with ContinYou on Cymru Cooks to deliver awareness raising and training sessions which will be delivered in all Local Education Authorities in Wales and will link to the Welsh Network of Healthy School Schemes, Out of School Hours Learning and Community Focused Schools.	To provide training and support for the development of cooking clubs for children and young people, enabling schools and other organisations to develop a strategic and coordinated approach to delivering and promoting cooking skills.	Development phase March - June 2007 Delivery of training started June 2007 Majority of training being delivered September 2007 to March 2009.	ContinYou in conjunction with Health Improvement Division, Welsh Assembly Government.
Work with Urdd Gobaith Cymru to introduce a cooking competition as part of the curriculum for the Urdd Eisteddfod.	To encourage children and young people to engage in cooking of healthy foods.	Pilot run for 2007 Eisteddfod. Enhanced pilot planned for 2008.	Health Improvement Division, Welsh Assembly Government in partnership with Urdd Gobaith Cymru, Design Dimension Education Trust.

4. Marketing and Communications

Whilst the profile of school meals has been raised over the last few years, there has been a greater focus on the negative aspects of the service rather than recognising the good work that has been done. This has led to a general perception by the public that all food in schools is not up to standard. We need to regain and build public confidence in the school meals service. The consultation exercise highlighted the need to identify and share ways schools have achieved this, for example by caterers attending parents' evenings to talk about the service; or through taster sessions for parents and children.

A key part of the Appetite for Life Coordinator's role will be to develop a communications and marketing strategy to support the delivery of Appetite for Life at local and national level. As part of this work, the Coordinator will develop mechanisms for gathering and sharing information on approaches developed at local level. This will require close working with all key stakeholders including those responsible for advice, delivery and implementation and those who are recipients of the school meals service. There will need to be regular monitoring and evaluation of the effectiveness of communications and marketing actions to ensure they are having the desired impact.



Action 4: Develop and implement marketing and communication strategies that will support delivery of Appetite for Life at a local and national level

How?	Why?	Timing?	Who?
Develop and implement a national marketing and communication strategy.	To raise stakeholder awareness of positive developments and activities in this area; and To have a positive impact on take-up of school meals, particularly free school meal entitlement.	Draft plan developed by Autumn 2007.	Appetite for Life Coordinator in consultation with key stakeholders.
Develop mechanisms for gathering evidence and sharing information on successful approaches developed at local level.	To support delivery of Appetite for Life at a local and national level.	From September 2007.	Appetite for Life Coordinator in consultation with key stakeholders.

5. Sustainability and Procurement

Part of the Welsh Assembly Government's statutory role is to promote sustainable development. This remit includes improving the environment, building stronger communities, reducing social exclusion and poverty and encouraging the development of the economy. The food industry is a significant business sector in Wales with high proportions of businesses falling into the small and medium enterprise (SME) category.

Collaborative Working

Value Wales is the division of the Welsh Assembly Government that is charged with helping to develop public services that are:

- More efficient in the way they are organised and use resources
- More coherent working through simpler more joined up transparent structures
- More effective in preventing and tackling problems, maximising their safety and achieving sustainable solutions.

The 'Delivering the Connections' Action Plan¹³ published in 2005, defines Value Wales as: 'a catalyst for change to seize value for money opportunities through smarter procurement, streamlining support functions and maximising value from capital investment'.

Value Wales has developed an All Wales Sourcing Plan for collaborative procurement across the Welsh public sector to deliver smarter procurement. Value Wales has established an All Wales Food Group, which consists of representatives from the public sector.

Value Wales encourages public sector bodies to purchase food and manage their catering contracts so as to deliver value for money while promoting sustainable development and opening up opportunities for suppliers.



¹³ <https://wales.gov.uk/topics/improving-services/strategypolicy/actionplan/?lang=en>

Sustainable Risk Assessment

Value Wales in conjunction with the Environment Agency has developed a 'Sustainable Risk Assessment' (SRA) template¹⁴, which is intended to ensure that environmental, social and economic issues are addressed in procurement.

The assessment involves the identification of key impacts on the environment, society and the economy. The results of the assessment assist in picking up the main sustainability issues in any procurement activity. The answers to a series of questions are linked to minimum requirements that should be applied in the procurement process to improve sustainability within the contract.

It is critical to achieving best value that public sector procurers of food utilise the Value Wales 'sustainable risk assessment' to ensure the best sustainable development outcomes can be derived.

Food Safety

The public sector has a duty of care to check food safety and hygiene. Public sector organisations in Wales approach supplier auditing in different ways and adopt different standards, possibly creating extra work for suppliers and the potential for confusion.

Value Wales has established a contract to provide Food Safety Audit Inspection and Management Service to the Public Sector in Wales. The contract aims to provide the highest degree of confidence in the food purchased by the Public Sector in Wales. It also aims to satisfy the requirements of the Food Safety Acts, all food safety regulations and all relevant codes of practice. The contractor is required to provide a demonstrable auditing system of suppliers and distributors giving a defence of "due diligence". The system is based on recognised quality, food safety and auditing systems. The contractor audits suppliers and distributors of food to assess compliance with legislation and in particular the existence of Food Safety Management systems based on Hazard Analysis and Critical Control Point (HACCP) principles and product traceability.

¹⁴ <https://www.buy4wales.co.uk/PRP/strategy/procstrat-sustainable-risk-assessment-and-preformance-monitoring.html>

Fair Trade

It is important that food is produced in a way, which meets labour and ethical standards taking into account issues such as minimum wage, health and safety, terms of employment and animal welfare during production.

Value Wales has been working with the public sector in Wales to provide guidance and support for procurement of fair trade products. It has also worked with Cardiff County Council to establish a pilot to promote consumption of fair trade bananas in primary and secondary schools in Cardiff. The Welsh Assembly Government is currently working with the public sector, the third sector and the private sector to increase supply and consumption of fair trade products in Wales with the objective of gaining status as the first fair trade country certified by the Fair Trade Foundation.

Organic food

Organic food also has recognised environmental sustainability benefits, including soil, water and biodiversity conservation and reduced fossil energy use, pollution and greenhouse gas emissions, as a result of the production systems adopted. These benefits are recognised in the EU Commission Guidelines on Green Procurement, the Welsh Rural Development Plan 2007-2012, the 2020 Group report on Sustainable Farming and the Environment and the Welsh Assembly Government Quality of Food Strategy. Organic food production is supported as an agri-environmental scheme in Wales and elsewhere in the EU and carried out to standards governed by EU legislation and strict inspection schemes which cover both domestic products and imports. Procurers should investigate whether organic food can be sourced affordably as part of the supply mix. Organic Centre Wales, working with Value Wales and the Welsh Assembly Government, provides information on regulatory issues and affordable sourcing of organic products, and on communicating the contribution of organic food to sustainable procurement to the public and the business community.

Action 5: Embed sustainable development principles into the procurement of goods and services related to the delivery of Appetite for Life

How?	Why?	Timing?	Who?
Provide advice, guidance and training to public sector organisations on sustainable procurement utilising the Value Wales 'Sustainability Risk Assessment'.	The assessment will ensure that environmental, social and economic (sustainability) issues are assessed, understood and managed in all key procurement decisions that relate to the procurement of goods and services.	<p>At 'assessment of need' stage and prior to contract notice for purchasing goods and services.</p> <p>Sustainable Risk Assessment Templates can be downloaded from: https://www.buy4wales.co.uk/PRP/strategy/procstratsustainableriskassessmentandpreformancemonitoring.html</p> <p>Further Training Courses are scheduled for February 2008, open to all public sector organisations in Wales to provide a practical experience of using a sustainability risk assessment "template" at the contract level.</p>	<p>Value Wales, Welsh Assembly Government (in partnership with the Environment Agency).</p> <p>Value Wales, Welsh Assembly Government.</p>

How?	Why?	Timing?	Who?
Encourage public sector organisations to participate in the Value Wales 'Food Safety Audit' contract via the All Wales Sourcing Plan Steering Group and the All Wales Food Group Meetings, public sector bulletins and buy4wales website.	<p>The public sector has a duty of care to check food safety and hygiene to satisfy the requirements of the Food Safety Acts, all Food Safety Regulations and all relevant Codes of Practice.</p> <p>Participation in the Value Wales 'Food Safety Audit' Contract will provide a demonstrable auditing system giving organisations a defence of 'due diligence'.</p>	A Value Wales Food Safety Audit Contract commenced in September 2006 for a period of twelve months. The initial contract period has now been reviewed and has been extended to 30 September 2008.	<p>Value Wales, Welsh Assembly Government</p> <p>Public Sector Organisations can obtain an application form and guidance notes from: https://www.buy4wales.co.uk/UsefulResources/contractsframeworks/food/foodsafety.html?cat=11758</p>

How?	Why?	Timing?	Who?
Via the All Wales Sourcing Plan Steering Group and the All Wales Food Group Meetings, encourage Welsh public sector organisations to work collaboratively in conjunction with Value Wales.	Develop a strategy for food procurement across the Welsh public sector in line with the Value Wales Sourcing Plan to adopt a more co-ordinated approach to food procurement. To consider a partnership approach to issues including quality, nutrition, safety, specifications, distribution arrangements, standardisation, engagement with suppliers and SME development.	Initial 'collaborative pilot' project contract through the Value Wales Food Group to commence 1st January 2008.	Value Wales, Welsh Assembly Government.
Provide guidance and support for procurement of fair trade and organic products by public sector organisations across Wales to establish a common approach to making fairly traded and organic products available.	Will facilitate an accessible and economical supply chain. To communicate to consumers and procurement officers the implications of fair trade and organic food.	Working with the public sector, third sector and private sector to increase supply and consumption of fair trade and organic products in Wales. From Autumn 2007.	Value Wales, Welsh Assembly Government. Organic Centre Wales will provide information, both directly and through Value Wales, to support the public sector in considering the options to include affordable fair trade and organic food.

6. Informing decisions on Financial Investment

In undertaking their review of school meal provision it became increasingly apparent to the Food in Schools Working Group that there was a lack of good quality baseline data available to help inform decisions on the levels of financial investment required to fully implement the changes proposed in Appetite for Life. Limited information is collected at a national level and frequently data collected at a local level is not collected on a consistent or comparable basis. For example, the formula for calculating the cost of a school meal varies from one local authority to another. Whilst respondents to the consultation were generally in favour of a common formula being devised for use across Wales for the cost of school meals there was some concern over how this data would be interpreted, for example does a lower commodity cost indicate a poor quality meal, or strong purchasing skills or both. Any analysis of such costs would need to take into account a number of factors including location of schools and size of contract. The intention would be to identify the true cost of producing school meals and to compare this with the income received.



To take this forward, the Welsh Assembly Government is seeking to develop, in discussion with local authorities, an agreed approach to calculating the cost of producing a school meal.

There may be a short-term decrease in meals sales as schools make the transition to the new standards. Transition will require careful planning and management in order to minimise the impact on the service and to ensure that any price increases are acceptable to parents and pupils. Otherwise there is a real danger that more families, particularly those on low incomes, will opt out of the school meals service. What we are looking to achieve longer term is a sustainable service delivering healthy school meals with an increase in take-up. To do that we need to promote the service to stimulate demand alongside action to stimulate supply of healthy food and to build capacity in the system to cope with the changes ie by providing training, equipment, and guidance.

The standards of school kitchens and dining rooms vary significantly across Wales. Some schools have no kitchen on site and have to receive meals prepared elsewhere. We do not have a complete picture of the position although there was a general recognition by those who responded to the consultation that a capital investment programme is fundamental to much of the improvement that is necessary. Investment needs to be seen in the context of whole school capital investment with kitchens/dining rooms as an integral part of the plan. A specific piece of work will be commissioned to provide an audit of needs of buildings, equipment and facilities for the delivery of catering services.

The investigation into the cost of school meals and the audit of facilities, coming together with other information such as the extent to which caterers are achieving the new standards and data on take-up, will help us to understand the issues facing schools and local authorities.



Action 6: Collect and utilise data to help inform spending decisions and to improve transparency and accountability

How?	Why?	Timing?	Who?
Explore possible ways to identify how much individual local authorities spend on school meals.	To improve understanding of the issues facing local authorities in delivering the school meals service and inform decisions on local authority spending programmes.	Initial discussions commenced Autumn 2007.	Additional Needs & Inclusion Division, Welsh Assembly Government in discussion with Appetite for Life Coordinator and local authorities.
Commission an audit of needs of buildings, equipment and facilities for the delivery of catering services.	To help inform decisions on local authority spending programmes.	Work commissioned Autumn 2007.	Additional Needs & Inclusion Division, Welsh Assembly Government in discussion with Appetite for Life Coordinator and local authorities.
Survey to be conducted by Local Authority Caterers Association (LACA) across Wales.	To understand the extent of the school meals service in both Primary and Secondary schools across Wales. The survey will research what facilities are available in canteens and dining rooms, what effect progression to the draft standards has had on uptake, and what services are available in schools.	During Autumn 2007.	LACA Members, Local Authorities, Primary and Secondary Schools Caterers.

7. Monitoring, Research and Evaluation

The work outlined in this section is an integral part of the work outlined in previous sections and should not be seen in isolation.

Nutritional analysis software

The nutritional analysis software will enable school caterers to produce and analyse standard reports on school lunches. This will allow us to monitor the extent to which school meals comply with the draft standards proposed in this action plan at a local and a national level and will help us identify at an early stage areas requiring further attention. The Appetite for Life Coordinator's role will be to scrutinise these reports more widely and to work with school caterers at a local level to replicate and adapt successful approaches to meeting the draft standards that have been identified.



To understand the impact of the draft standards there is a need to establish a baseline. Although some information is collected, it is patchy and inconsistent. Responses to the consultation recognised the need to collect data on a consistent and comparable basis. Work is underway, and particular attention is being given to ensuring that any data collected is meaningful.

National database

We know that many schools, as part of a whole school approach to food and fitness, have introduced policies in these areas; however, we do not have a picture of the position across Wales. Such information would help to inform future policy development. The Welsh Assembly Government is investigating the possibility of developing a national database containing information on an individual school's food and fitness programmes/policies.

School inspections

From April 2007, it is a reporting requirement that in Key question 4: *how well are learners cared for, guided and supported?*, inspectors must comment on whether the school has arrangements that encourage and enable learners to be healthy. In answering Key Question 4, inspectors have always considered whether schools have arrangements that contribute to the well being of all pupils.

In addition, inspectors now consider whether the school has appropriate arrangements that encourage and enable learners to be healthy. This ensures that inspection arrangements take a broad view of healthy living that encompasses physical activity and fitness as well as eating and drinking. As a separate and discrete piece of work, Estyn has also been remitted to produce a report identifying examples of good practice, and the extent to which schools are encouraging learners to be healthy in the context of Appetite for Life. The report will support development of a whole-school approach to food and nutrition.

Free school meal entitlement

Although we know that not all children and young people who are entitled to free school meals take-up their entitlement, we do not have a clear understanding of the reasons why. Stigma is frequently quoted as the main reason; however, the extent to which this is actually the case is unclear. The Welsh Assembly Government, working in partnership with the End Child Poverty Network Cymru, is exploring ways of identifying the reasons for non take-up of free school meal entitlement. As a first stage, a literature review of work undertaken on take-up of free school meal entitlement is being commissioned. Depending on the outcome of this work, there may be a need to commission a specific piece of research. This information will help inform the development of appropriate strategies to increase take-up of free school entitlement.

Use of ICT

Within the Welsh Assembly Government, the e-Wales department, created in 2006, has been established to ensure that Wales has the right policies and programmes in place to exploit information and communication technology (ICT) to boost economic development; improve the way public services are delivered; and promote social inclusion. The potential to use ICT solutions in the school meals context has been identified for further investigation, particularly in the context of work on the national citizen smartcard infrastructure.

The Welsh Assembly Government is also working in partnership with the Department for Children, Schools and Families in England to introduce an electronic system for determining eligibility for free school meals. This is intended to reduce bureaucracy, particularly for schools; to encourage take-up of entitlement by removing the stigma from the application process; and to reduce the scope for fraud and error. The aim is a national scheme, based on local authority checking, in place of the variety of systems operating at present.

Research

This report highlights that although important, the food provided at school only provides part of children and young people's daily dietary requirement. To better understand the impact that food and drink provision in schools can have on pupils, the Welsh Assembly Government is considering commissioning a specific piece of work to assess the types of food and drinks available, their uptake and their nutrient contribution to the overall diet. This work would also help inform the development of future strategies aimed at improving the diet of children and young people.



Action 7: Review, develop, and establish monitoring, research and evaluation programmes to support the whole school approach to improving food and nutrition in schools

How?	Why?	Timing?	Who?
Produce and analyse standard reports on school lunches using the nutritional software analysis.	To monitor the extent to which the school meals comply with the draft standards and identify areas requiring further attention.	From January 2008.	School caterers - local level Appetite for Life Coordinator and Additional Needs & Inclusion Division - national level.
Undertake a review of the data currently collected for school meals as part of the annual school census.	To improve the relevance of the data collected.	Discussions underway - timetable for introduction of agreed changes, January 2009 census.	Additional Needs & Inclusion Division in discussion with Performance & Improvement Division, Welsh Assembly Government.
Commission a specific piece of work to establish a baseline of school meal standards in relation to the new standards.	To measure and understand progress in relation to the transition to the new standards.	From spring term 2008.	Appetite for Life Coordinator in partnership with Additional Needs & Inclusion Division, Welsh Assembly Government.

How?	Why?	Timing?	Who?
Develop a national database containing information on individual schools' food and fitness programmes/policies.	To assess progress towards delivery of related school food and fitness programmes/policies. The precise nature of the data required will require further work to ensure good coverage without duplication of effort.	Initial project development - Autumn 2007.	Health Improvement Division, Welsh Assembly Government, in discussion with Performance & Improvement Division, Welsh Assembly Government. Local Healthy School Scheme Co-ordinators.
Commission a literature review of work undertaken on take-up of free school meal entitlement; and following this work, consider the need to commission a specific piece of research aimed at identifying reasons affecting take up of free school meals.	To inform the development of strategies aimed at increasing the take-up of free school meal entitlement.	Initial discussions underway - Summer 2007.	Additional Needs & Inclusion Division, Welsh Assembly Government and Public Health Strategy Division, Welsh Assembly Government in partnership with the End Child Poverty Network Cymru.

How?	Why?	Timing?	Who?
Inspect school's work in promoting and enabling healthy eating and drinking as part of school inspections.	To help support and monitor schools in developing and implementing a coherent approach to food and fitness policies.	From April 2007.	Estyn.
Report on the findings of school inspections in relation to arrangements for encouraging learners to be healthy, especially as they relate to the proposals in Appetite for Life and as set out in Estyn's guidance in this area.	To identify examples of good practice and the extent to which schools are encouraging learners to be healthy in the context of Appetite for Life.	Work complete Spring 2008.	Estyn.
Consider commissioning an all-Wales evaluation of school food provision.	To assess the types of food and drinks available, their uptake and their nutrient contribution to the overall diet.	Initial discussions underway - Summer 2007.	Additional Needs & Inclusion Division in partnership with Public Health Strategy Division, Welsh Assembly Government.

Table 1: Summary of recommended food standards for school lunches in Wales

Food Standards	
Fruit and vegetables	Not less than 2 portions per day per child (at least one must be vegetables or salad, and at least one must be fruit). This should provide a variety of fruits, vegetables and salads over the 5 day period.
Oily fish	On the school lunch menu at least once every two weeks.
Deep fried potato products	Potatoes and potato products cooked in fat/oils in the school kitchen or during manufacture must not be served more than twice a week.
Deep fried products	Other food items (other than potatoes) cooked in fat/oils in the school kitchen or during manufacture must not be served more than twice a week.
Manufactured ¹⁴ meat products	Should not be reformed/reconstituted foods ¹⁵ .
Bread (without spread)	Available throughout lunch. A variety of breads should be encouraged including wholemeal bread.
Confectionery and savoury snacks	Not to be made available.
Salt	Not added to vegetables during cooking. Restrict or remove salt from recipes and replace with appropriate and acceptable herbs and spices. Not available at lunch tables or at the service counter.

¹⁴ All manufactured items served should meet the Food Standards Agency's Target Nutrient Specifications.

¹⁵ Meat Products must meet the minimum meat content levels set out in The Meat Products (Wales) Regulations 2004. Products not specifically covered by these Regulations must meet the same meat content level set for "burgers", must not be "economy burgers" and must not contain the prohibited offal listed in these Regulations.).

Table 2: Summary of recommended food standards for school lunches in Wales

Max or Min Value	Primary Pupils		Secondary Pupils
Energy kcals	530		646
Fat g	MAX	20.6	25.1
Saturated fat g	MAX	6.5	7.9
Total carbohydrate g	MIN	70.6	86.1
Non-milk extrinsic sugars g	MAX	15.5	18.9
Fibre g	MIN	4.2	5.2
Protein g	MIN	7.5	13.3
Iron mg	MIN	3.0	5.2
Zinc mg	MIN	2.5	3.3
Calcium mg	MIN	193	350
Vitamin A µ	MIN	175	245
Vitamin C mg	MIN	10.5	14.0
Folate µg	MIN	53	70
Sodium mg	MAX	499	714

Table 3: Drinks Permitted in Secondary Schools

Category	Content
Plain water (still or carbonated)	No (artificial or natural) sweeteners, sugars, honey, colouring or flavouring may be added.
Fruit juice (still or carbonated) Fruit juice from concentrate (still or carbonated)	In compliance with the Fruit Juices and Fruit Nectars (Wales) Regulations 2003 but with no artificial or natural sweeteners used for sweetening ¹⁶
Vegetable juice (still or carbonated)	No sweeteners (artificial or natural), sugars, honey, colouring or flavouring may be added.
Milk (semi-skimmed and skimmed)	No sweeteners (artificial or natural), sugars, honey, colouring or flavouring may be added. Must not contain more than 1.8% fat.
Plain soya, rice or oat drinks fortified with calcium	No sweeteners (artificial or natural), sugars, honey, colouring or flavouring may be added.
Plain yoghurt drinks	No sweeteners (artificial or natural), colouring or flavouring may be added. Less than 5% sugars or honey may be added. Must not contain more than 1.8% fat.

¹⁶ Sugar may be added for the purpose of regulating acidic taste, in an amount (expressed as dry matter) not exceeding 15g per litre of the juice as permitted in Schedule 3 paragraph 3(a) of The Fruit Juices and Fruit Nectars (Wales) Regulations 2003 SI No. 3041 (W.286).

Combination Drinks*	
Fruit/Vegetable juice diluted with water (still or carbonated)	Must contain at least 50% fruit or vegetable juice, may contain vitamins or minerals.
Combination of plain milk, yoghurt, water, fruit or vegetable juice	Must contain at least 50% milk or yoghurt (of which must include no more than 1.8% fat) by volume and may contain minerals and vitamins. Less than 5% sugars or honey may be added to the milk or yoghurt components.
Combination of plain soya, rice or oat drink, water, fruit or vegetable juice	Must contain at least 50% soya, rice or oat drink by volume and may contain minerals and vitamins. Less than 5% sugars or honey may be added to the soya, rice or oat components.
Combination of plain milk, yoghurt, soya, rice or oat drink with cocoa.	Must contain at least 50% milk or yoghurt (of which must include no more than 1.8% fat), soya, rice or oat drink by volume and may contain minerals and vitamins. Less than 5% sugars or honey may be added to the milk, yoghurt, soya, rice or oat components.
Hot Drinks	
Tea and Coffee	No sweeteners (artificial or natural), sugars, honey, colouring or flavouring may be added. Milk component must include no more than 1.8% fat.