



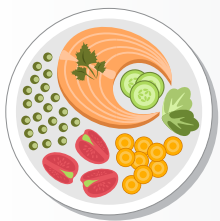
**WHAT?** Guidance for contract catering operators and all other parties involved in the provision of food in primary and secondary schools in the EU.

**WHY?** Contribute to improving the quality of food in schools and the ability of European children to learn and maintain healthy dietary practices.

**HOW?** These recommendations were developed taking into account mandatory regulations or voluntary guidance on school food at national or local level. They are not meant to replace existing guidelines but to provide a European reference standard and supplement existing guidance wherever useful.

## SCHOOL LUNCH

### FOOD BASED STANDARDS



MAIN DISH



SIDE DISH  
and/or STARTER



DESSERT

- ★ Provides min/max recommended frequencies of different food groups over 5 days following a meal structure.
- ★ Gives indication of recommended portion sizes per food group, distinguishing between primary and secondary schools.



#### FRUIT AND VEGETABLES

At least 1 portion of fruit and 2 of vegetables/day



#### MEAT, FISH, EGGS AND OTHER NON-DAIRY SOURCES OF PROTEIN

1 portion/day. Fish at least 1/week



#### STARCHY FOOD

A variety of starchy food types served as a side-dish or starter across the week



#### BREAD

Brown or wholemeal bread available daily



#### DAIRY PRODUCTS

1 or 2 portions throughout the school day



#### SWEET TREATS

Maximum 1/week as dessert

### NUTRIENT BASED STANDARDS: Recommendations for...

ENERGY  
INTAKE

FAT  
INTAKE

SUGAR  
INTAKE

SODIUM  
INTAKE

CALCIUM  
INTAKE











#### BEVERAGES

Only water during lunchtime

## FOOD PROVIDED OUTSIDE LUNCH

Highlights the importance of breakfast and provides general guidance and portion sizes for food served outside the three main meals.

BEVERAGES		SNACKS	
 <p><b>DRINKING WATER</b></p> <p>Provided free of charge at all times</p>	 <p><b>PLAIN MILK OR ALTERNATIVES, 100% FRUIT/VEG JUICES</b></p> <p>Also allowed in primary schools</p>	 <p><b>FRUIT AND/OR VEGETABLES</b></p> <p>Must be the most prominent snack option available and be on display at every break</p>	 <p><b>BREAD AND SPREAD</b></p> <p>Can be served as snack. Full energy content (bread + spread) must be taken into account when calculating how it fits into the child's daily diet</p>
 <p><b>SOFT DRINKS</b></p> <p>Not allowed in primary schools. Only low calorie options available in secondary schools</p>	 <p><b>CHOCOLATE-FLAVOURED MILK</b></p> <p>Occasionally, if it contains &lt;5% added sugar</p>	 <p><b>BISCUITS, CAKES AND PASTRIES</b></p> <p>Rich in nutrients and low in fat, sat fat and sugar. No confectionery in primary schools</p>	 <p><b>NUTS AND SEEDS</b></p> <p>Can be provided as snacks in primary schools without added fat, salt, sugar or honey</p>

## PROMOTION OF HEALTHIER SCHOOL ENVIRONMENT

General guidance on the presentation of the food and recommendations for the school authorities, including:

- ★ Vending machines should not be installed in areas accessible by primary schools pupils
- ★ In secondary schools, healthier options should be promoted through lower price or more access points
- ★ Enough qualified staff should be contracted and operators should be given specific training on healthy diets
- ★ Dining spaces and facilities should encourage healthy eating
- ★ Table salt should not be available, condiments should only be provided from the service counter
- ★ Children should be taught about food and nutrition