

Holiday Activity and Food Programme

Food Standards

A guide for Organisations, their Cooks and Caterers

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Introduction

Taken from the National School Food Standards for England, The Holiday Activity and Food standards are to ensure the food provided to participants attending holiday activities is nutritious and of high quality. We aim to promote good nutritional health in all participants, protect those who are nutritionally vulnerable and to promote good eating behaviours to all.

They are intended to help children develop healthy eating habits and ensure they get the energy and nutrition they need across the whole day. It is just as important to cook food that looks good, tastes delicious and to serve it in a pleasant environment where they can eat with their friends.

The standards set out the requirements for all food provided to children in receipt of free school meals and to any other participant attending a holiday activity as part of Solihull's Holiday Activity and Food Programme.

Expectations

- Organisations should make reasonable adjustments for participants with particular requirements, for example to reflect medical, dietary and cultural needs.
- From 13 December 2014 EU food information for consumers regulation No. 1169/2011 requires food providers to make information available about allergenic ingredients used in any food and drink served. More information is available from the [food standards agency](https://www.foodstandards.gov.uk).
- Organisations providing food should hold an up to date food, safety and hygiene qualification.

If you don't have an up to date qualification you can complete the online course at:
<https://food-safety.org.uk/>

- Although there is no requirement that lunches must be hot meals, hot lunches should be provided wherever possible to ensure that all participants are able to eat at least one hot meal every day.

If you require supporting for providing hot meals, please contact Solihull's HAF Team:
E: HAFSolihull@solihull.gov.uk

- Drinking water must be provided free of charge at all times on the premises where the Holiday Activity is taking place.
- Facilities to eat food must be provided. As a minimum these facilities should include accommodation, furniture and supervision so that participants can eat food in a safe and social environment.
- All facilities should also adhere to Government Guidance regarding social distancing and provide accessible facilities for participants to wash their hands.
- All food and drink provided as part of the Holiday Activity Food Programme must meet the national school food standards in England. Where food is provided by the local authority or a private caterer, compliance with the school food standards should be specified within the

Holiday Activity and Food contract or service level agreement and the caterer should provide the Holiday Activity and Food Team with evidence of compliance with the standards.

(Information regarding the National School Food Standards can be found at

www.schoolfoodplan.com/standards or in Appendix 1)

- The organisation providing food should evaluate the food and drink provision against the standards and produce evidence of compliance.

The School Food Standards

It is important to provide a wide range of foods across the week. The best way to do this is through the promotion of a varied diet. This can include different varieties whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to use their imagination so be creative with your food and use stories to help them enjoy and learn more about their food.

Where possible use fresh, sustainable and locally-sourced ingredients. To find examples of some healthy lunch ideas please visit <https://www.nhs.uk/change4life/recipes/lunch#all-lunch-recipes> or go to Appendix 2.

Remember to use [Government Buying Standards](#) alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

Managing Food Allergies and Intolerances

Food allergies or intolerances must be taken seriously. Organisations and caterers should work closely with parents to support children with medically-verified allergies or intolerances.

The EU Food Information for Consumers Regulation (1169/2011) requires food businesses to provide allergy information for unpackaged foods. There are also changes to existing legislation on labelling allergenic ingredients in pre-packed foods. See <http://www.food.gov.uk/science/allergy-intolerance/label/labelling-changes/> for more information.

While it can sometimes feel daunting to cater for children with allergies or intolerances, it is important that these children can enjoy eating school food with their friends. There are a number of organisations who can provide practical help with this issue. Go to <http://whatworkswell.schoolfoodplan.com/articles/category/16/catering-for-special-diets> for a comprehensive list of helpful organisations.

Advice for preparing meals

Cooking Healthier Food

- Choose products that meet the responsibility deal salt targets
<https://responsibilitydeal.dh.gov.uk>
- Ask suppliers for nutritional information for their products, and read food labels to select those with lower amounts of fat, saturated fat, salt and sugars.
- Take action to limit the fat, sugar and salt content of recipes.
- Trim visible fat from meat, remove skin from poultry.
- Avoid frying or roasting, if you do, use spray oils.
- Skim fat from surfaces of liquids.
- Roast or grill on a rack or trivet rather than cooking in a flat oven tray.
- Thicken soups and sauces with pureed vegetables or reductions, rather than adding extra flour and fat.
- Use lower fat vinaigrette or yoghurt dressings instead of mayonnaise.
- Don't add salt when boiling starchy foods or vegetables
- Try halving amount of sugar suggested in recipes. Or use fresh or dried fruit in dishes instead of sugar.

Homemade Food

Consider making popular foods like burgers and sausages from scratch. Such 'homemade' offerings are usually healthier than the pre-made products sold by suppliers. Once you're cooking from scratch, why not try something different? The same mince used for burgers could make a meatloaf, meatballs or spaghetti bolognese to name a few different ideas.

Reading Food Labels

When buying food, ask suppliers for nutritional information and choose those which are marked as 'low' or 'medium' in fat, saturated fat, sugar and salt (sodium). Portion sizes given on the product label may not be suitable for children so please use the School Standards portion size checklist. See Appendix 3.

Standards for Lunches

Below states the portion sizes for different food groups which you should adhere to when planning your meals. For more details of each food group see visit [here](#) or see appendix 3.



Starchy Foods

- One or more portions of food from this group every day
- Three or more different starchy foods each week
- One or more wholegrain varieties of starchy food each week
- Starchy food cooked in fat or oil no more than two days each week
- Bread - with no added fat or oil - must be available every day



Fruit and Vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week



Milk and Dairy

- A portion of food from this group every day
- Lower fat milk must be available for drinking at least once a day during activity hours



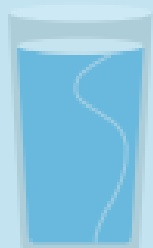
Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week for primary aged participants and twice each week for secondary aged participants



Foods high in fat, sugar, and salt

- No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week
- No more than two portions of food which include pastry each week
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked
- Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful



Healthier drinks - *applies across the whole day*

- Free, fresh drinking water at all times
- The only drinks permitted are:
 - Plain water (still or carbonated)
 - Lower fat milk or lactose reduced milk
 - Fruit or vegetable juice (max 150mls)
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
 - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice

Appendix 2

Healthy Lunch Options

Spicy chicken and salad sandwich recipe

Ingredients

- 1 tbsp low-fat plain yoghurt
- ¼ tsp of mild curry powder, to taste
- 85g cooked chicken, chopped
- 2 slices of wholemeal bread
- 1 small wedge of lettuce, shredded
- 1 small carrot, grated
- 1 small piece of cucumber, sliced



Method

1. Mix the yoghurt and curry powder to taste, then add the chicken.

(For a non-spicy alternative, just swap reduced-fat mayonnaise for the curry powder and yoghurt.)

2. Fill the sandwich with the chicken mixture, lettuce and carrot.
3. Cut into quarters and serve with the cucumber on the side.

This also works brilliantly in a wholemeal wrap or pitta!

Couscous with chicken and peas recipe

Ingredients

- 50g plain couscous
- 85g cooked chicken, chopped
- 40g frozen peas
- 4 cherry tomatoes, chopped
- a lemon, juiced



Method

1. Put the couscous in a large bowl and cover with boiling water. Leave for 10 to 15 minutes to swell and cool, then stir with a fork to fluff up the grains.

For a time-saving hack, simply defrost the peas by adding them to the couscous before covering with the boiling water.

2. Add the chicken and tomatoes, squeeze over the lemon juice, stir it all to combine, and you're done!

Microwavable pouches of couscous also work well – try mixing things up by using a spicy or tomato-flavoured version.

Beans, mushrooms and tomatoes on toast recipe

Ingredients

- 3 or 4 closed-cup mushrooms, sliced
- ½ tsp oil
- ½ 410g tin reduced-salt and sugar baked beans
- 4 cherry tomatoes, halved
- 1 slice wholemeal bread
- 1 tsp lower-fat spread



Method

1. *Put the mushrooms into a saucepan with half a teaspoon of oil. Cook for 3 to 4 minutes over a low heat.*
2. *Add the beans and tomatoes to the saucepan. Heat gently for 3 to 4 more minutes, stirring often, until the beans are piping hot.*
3. *While the beans and tomatoes are warming, toast the bread. Spread the toast with the lower-fat spread, then top with the mushrooms, beans and tomatoes, and enjoy!*

Cheesy jacket potato with baked beans recipe

Ingredients

- 1 baking potato
- ½ 410g can reduced-salt and sugar baked beans
- 30g cheddar cheese
- 1 small wedge of lettuce, shredded
- 1 small piece of cucumber, sliced



Method

1. *Wash and scrub the potato, and prick all over with a fork. Put on a microwave-safe plate and cook in the microwave on full power for 4 minutes. Once done, turn it over and heat on full power for another 4 minutes, or until cooked through. For a time-saving hack, simply defrost the peas by adding them to the couscous before covering with the boiling water.*
- Carefully push a sharp knife into the centre of the potato to check it's soft.*
2. *While the potato is cooking, heat the baked beans in a pan on the hob. Microwavable pouches of couscous also work well – try mixing things up by using a spicy or tomato-flavoured version.*
 3. *Split the potato open, fill with the baked beans and sprinkle over the cheese. Serve with the lettuce and cucumber on the side.*

Hummus and carrot sandwich recipe

Ingredients

- 2 tbsp reduced-fat hummus
- 2 slices of wholemeal bread or 1 wholemeal wrap
- 1 small carrot, grated
- 1 small handful of raisins or 1 mini snack box (optional)
- 4 or 5 cherry tomatoes, halved



Method

1. *Spread the hummus over both slices of bread.*
 2. *Pat the carrot dry and use it to fill the sandwich. Sprinkle over the raisins if using.*
- Spreading the hummus on both slices and patting the carrot dry helps prevent a soggy sandwich.*
3. *Cut the sandwich into quarters and serve with the cherry tomatoes.*

Appendix 3

Portion size checklist

Name of Organisation:		Date of Menu:				
Food Group	Food-based standards for school lunches	Standard Met Y/N				
		Week 1	Week 2	Week 3	Week 4	Week 5
Starchy Foods	One or more portions of food from this group every day					
	Three or more different starchy foods each week					
	One or more wholegrain varieties of starchy food each week					
	Starchy food cooked in fat or oil no more than two days each week (applies to food served across the whole school day)					
	Bread - with no added fat or oil - must be available every day					
Fruit and Vegetables	One or more portions of vegetables or salad as an accompaniment every day					
	One or more portions of fruit every day					
	A dessert containing at least 50% fruit two or more times each week					
	At least three different fruits, and three different vegetables each week					
Meat, Fish, Eggs, Beans and other non-dairy sources of protein	A portion of food from this group every day					
	A portion of meat or poultry on three or more days each week					
	Oily fish once or more every three weeks					
	For vegetarians, a portion of non-dairy protein three or more days a week					
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week for primary aged participants and twice each week for secondary aged participants					
	A portion of food from this group every day					
Milk and Dairy	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours					
	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated (applies across the whole school day)					
	No more than two portions of food which include pastry each week (applies across the whole school day)					
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)					
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food					
	No confectionery, chocolate and chocolate-coated products					
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery					
	Salt must not be available to add to food after it has been cooked					
Foods high in fat, sugar and salt	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful					
	Free, fresh drinking water at all times					
	The only drinks permitted are:					
	• Plain water (still or carbonated)					
	• Lower fat milk or lactose reduced milk					
	• Fruit or vegetable juice (max 150mls)					
	• Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks					
	• Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)					
• Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey						
• Tea, coffee, hot chocolate combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice						