

7. References and resources

References

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www.teachernet.gov.uk/publications
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www.schoolfoodtrust.org.uk/content.asp?ContentId=611
15. Step-by-step guide to calculating the nutritional composition of school lunch recipes
www.schoolfoodtrust.org.uk/UploadDocs/Contents/Documents/step_by_step_nutrient_calculation_guide.pdf
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www.schoolfoodtrust.org.uk/softwarereview
17. British seasonal food chart
www.schoolfoodtrust.org.uk/resources/seasonalitychart
18. The Food Standards Agency (FSA) 'Eatwell' plate
www.eatwell.gov.uk/healthydiet/eatwellplate/
19. The School Lunch Grant 2008-2011
www.schoolfoodtrust.org.uk/UploadDocs/Contents/Documents/schoollunchgrant2008funding_note.pdf
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www.food.gov.uk/healthiereating/salt

Where to find additional information



The **School Food Trust (SFT)** is a non-departmental public body which was established in 2005 by the Department for Children Schools and Families (DCSF) formerly known as the Department for Education and Skills (DfES) to help introduce the new standards for school food, develop food skills amongst children and young people and bring longer term improvements to their health and education. Whilst the School Food Trust works closely with DCSF, it is an independent organisation providing information, advice and guidance for all involved in school food. This guide can be downloaded at: www.schoolfoodtrust.org.uk

School Food Trust resources:

A (revised) guide to the Government's new food-based standards for school lunches

www.schoolfoodtrust.org.uk/resources/2007b

A guide to introducing the Government's new food-based standards for school food other than lunch

www.schoolfoodtrust.org.uk/resources/2007a

A fresh look at the school meal experience: looks at how schools can involve the whole school community to make improvements to the look and feel of their dining hall, manage lunchtimes effectively, reduce queuing and improve behaviour.

www.schoolfoodtrust.org.uk/resources/mealexperience

School Food Check List: provides a quick and effortless way to find out whether your lunch and non-lunch food provision complies with the food-based standards.

www.schoolfoodtrust.org.uk/checklist

Cakes and biscuits: some suggestions for products to replace cakes and biscuits as a mid-morning snack.

www.schoolfoodtrust.org.uk/mid-morningsnacks

Menu planning and nutrient analysis software: Independent reviews of menu planning and nutrient analysis software packages.

www.schoolfoodtrust.org.uk/softwarereview

A fresh look at vending: Developed as a practical guide which aims to answer questions you might have about vending and to clarify how to make your service work for you.

www.schoolfoodtrust.org.uk/vending

Case studies: A collection of case studies that provide lessons learnt and shared experiences in transforming school food through a whole school approach.

www.schoolfoodtrust.org.uk/casestudy-home.asp

Other key agencies involved in transforming school food

The **Department for Children Schools and Families (DCSF)**

www.dcsf.gov.uk sets the standards for school food and is responsible for the legislation. The Statutory Instrument 2007 No. 2359 Education, England: The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007 can be downloaded at www.opsi.gov.uk/si/si2007/uksi_20072359_en.pdf

The **Department of Health's** aim is to improve the health and wellbeing of people in England www.dh.gov.uk The **Healthy Schools Programme** is a joint **Department of Health (DH)** and DCSF initiative. Its 2005 guidance on the criteria for Healthy Schools 'A Guide for Schools' explains the requirements for healthy eating which schools must meet to achieve Healthy Schools Status (see www.wiredforhealth.gov.uk). These include meeting the school food standards and having a whole school approach to healthy eating, which covers all aspects of eating and learning about food, as well as the meals themselves. See the Food in Schools Toolkit at: www.foodinschools.org

The **Food Standards Agency (FSA)** is an independent Government department set up in 2000 to protect the public's health and consumer interests in relation to food. The FSA provides advice to DCSF on scientific and technical aspects including food safety, nutrition and diet www.food.gov.uk It has produced voluntary **Target Nutrient Specifications (TNS)** to be revised in 2008 which set maximum levels for total fat, saturated fat, sodium/salt and sugar for a range of manufactured food used in school meals, including bread, pizza, poultry products, soups, sausages and burgers. For further details see www.food.gov.uk/multimedia/pdfs/tns2006.pdf. The website 'Eat well, be well' has practical advice about healthy eating, understanding food labels and how what we eat can affect our health. www.eatwell.gov.uk. The FSA specific advice on salt can be downloaded from www.salt.gov.uk/babies_and_children.html





The **National Governor's Association** is the representative body for school governors in England. They have produced a revised version of Food Policy in Schools – A strategic policy framework for governing bodies, with the Food Standards Agency for governors about school food and meeting the food standards. This can be downloaded from www.food.gov.uk/healthiereating/nutritionschools/schoolgovernors

Local Authority Caterers Association (LACA) is a professional body representing 1,000 catering managers and suppliers who provide catering services to all sectors of Local Authorities.
www.laca.co.uk

The **Food for Life Partnership** is a Big Lottery funded programme, led by the **Soil Association**, to transform food culture in schools and communities across England with the combined expertise of the **Focus on Food Campaign**, **Garden Organic** and the **Health Education Trust**. The Food for Life Partnership aims to make school meals fresh, local and organic and use practical food education such as growing, cooking and farm links to reconnect young people to the food they eat.
www.foodforlife.org.uk

Nutritional Advice

British Nutrition Foundation is a scientific and educational charity which promotes the wellbeing of society through the impartial interpretation and effective dissemination of evidence-based nutritional knowledge and advice.
www.nutrition.org.uk

The **Caroline Walker Trust** has produced detailed guidance entitled 'Eating Well at School' that deals with nutrient-based standards for school food, including after school meals and snacks with sample menus for ideas.
www.cwt.org.uk

Health Education Trust is a UK registered charity, formed to promote the development of health education for young people in the UK.
www.healthedtrust.com

Professional support. Use the following websites to find registered professionals in your area.
www.dietitiansunlimited.co.uk
www.nutritionociety.org.uk/membership/register

Sustain The alliance for better food and farming advocates food and agricultural policies and practices.

www.sustainweb.org

Special Dietary Needs

Allergy UK is a leading national medical charity providing up to date information on all aspects of allergy, food intolerance and chemical sensitivity.

www.allergyuk.org

The **Anaphylaxis Campaign**. Allergy in Schools is an advisory website on how to manage allergies in schools.

www.allergyinschools.org.uk

B-eat (Beating eating disorders) Information and help on all aspects of eating disorders, including Anorexia Nervosa, Bulimia Nervosa, binge eating disorder and related eating disorders.

www.b-eat.co.uk

Coeliac UK aims to improve the lives of people living with the condition through support, campaigning and research.

www.coeliac.co.uk

Diabetes UK is the largest organisation in the UK working for people with diabetes, funding research, campaigning and helping people live with the condition.

www.diabetes.org.uk

Young Minds is the national charity committed to improving the mental health of all children and young people.

www.youngminds.org.uk

The **Vegan Society** provides an explanation and advice on vegan lifestyles.

www.vegansociety.com

The **Vegetarian Society** is an educational charity promoting understanding and respect for vegetarian lifestyles. They offer free advice and information on a variety of issues.

www.vegsoc.org

Funding

Details on Funding for School Meals from 2008-2011 (as part of the School Funding Settlement) www.teachernet.gov.uk/management/schoolfunding/schoolfunding2008to11/schoolfundingsettlement200811/

Funding books and websites: where to find other places of support with funding to improve school food.

www.schoolfoodtrust.org.uk/fundingbooksandwebsites

Grants for healthy food activities: a list of opportunities for funding.

www.schoolfoodtrust.org.uk/grantsforhealthyfoodactivities

Procurement

The **DCSF** has published guidance on how to vary, or in extreme cases, end contracts with firms that cannot or will not provide healthier food.

www.teachernet.gov.uk/docbank/index.cfm?id=9793

Advice from **Defra** on the Public Sector Food Procurement Initiative www.defra.gov.uk/farm/policy/sustain/procurement/pdf/unlocking-opps.pdf. For buyers and non-procurement professionals, practical guidance and templates to help you procure catering services and food from wholesalers and producers www.defra.gov.uk/farm/policy/sustain/procurement/tools.htm

National Procurement Strategy for Local Government. Information on finding more effective, prudent and innovative ways of procuring services.

www.communities.gov.uk/localgovernment/efficiencybetter/nationalprocurementprogramme/nationalprocurementstrategy/

Teachernet provides a summary of some of the key areas around the procurement of school food.

www.teachernet.gov.uk/wholeschool/healthyliving/foodanddrink/procuringmeals/

Training

LACA are involved with furthering the education and development of those engaged in the provision of catering services within Local Authorities and the general enhancement of the profession.

www.laca.co.uk

People 1st aims to provide the environment which enables employers within the hospitality and catering sector to have the right number of people with the right skills and qualifications.

www.people1st.co.uk

The School FEAST network aims to support everyone involved in school meal provision by providing access to training and qualifications.

www.schoolfeast.co.uk

Training for cooks: Information on qualifications for cooks.

www.schoolfoodtrust.org.uk/training

Training Development Agency has a framework designed to help school leaders and support staff to identify the appropriate training and development.

www.tda.gov.uk/support/careerdevframework.aspx

UK Skills passport has been developed by People 1st and Sector Skills Council for Hospitality and Catering, to identify appropriate training and development opportunities for those within the hospitality and catering sector.

www.ukskillspassport.co.uk

