

# Ordering food from a café or food provider

## During your holiday club

If the decision is made to order food for the children in your holiday provision from a local café, sandwich shop or caterer etc. then please take in to consideration the following:

1. Firstly establish the food business you would like to use in the area where you will be running your holiday scheme
2. If you are unsure of what appropriate food businesses are available to you in your area of Kirklees use a search engine such as google to establish a food business name
3. Using the Food Standards Agency business rating website; search for the business by name to establish their current food hygiene rating. Our recommendation is to use only 4 or 5 rating businesses to ensure the higher standards of overall compliance for young people consuming the food from these premises; <https://ratings.food.gov.uk/>
4. Once you have found a food business that you know complies with a rating of 4 or 5 you can enquire with them if they can provide a daily meal
5. Ensure you take in to account the school food standards when ordering food or provide the following information to meet the standards.

### How to implement the standards:

A child's healthy, balanced diet should consist of:

- Plenty of fruit and vegetables
- Plenty of unrefined starchy foods
- Some meat, fish, eggs, beans & other non-dairy sources of protein
- Some milk & dairy foods

See below for further information about the different food groups and how to incorporate them in to the menu when ordering meals for children and young people



# Planning Children's Lunches



## Starchy Foods

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods 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



## 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 school hours



## 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



## Foods high in fat, sugar and salt

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 confectionary, chocolate or chocolate coated products

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary

Salt must not be available to add to food after it has been cooked

Any condiments must be limited



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

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 in primary schools and



## Healthier drinks

Free fresh drinking water at all times

The only drinks permitted are:

- Plain water
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (150mls)
- Plain soya, rice or oat drinks enriched with calcium
- Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugar or honey) limited to 330mls with fruit or vegetable juice making up a maxi-

*Information taken from the School Food Standards*



# Checklist For Children's Lunches

Food group	Food-based standard for school lunches	Tick
<b>Starchy food</b>	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	
<b>Fruit and vegetables</b>	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	
<b>Beans, eggs, fish, meat and other non-dairy</b>	A portion of food from this food group every day	
	For vegetarians a portion of non-dairy protein three or more days per week	
<b>Milk and dairy</b>	A portion of food from this food group every day	
	Lower fat milk, lactose reduce milk or soya milk (or milk alternative must be available for drinking at least once a day during school hours	
<b>Foods high in fat, sugar &amp; salt</b>	No more than two portions a week of food that has been deep fried, batter coated or breadcrumb coated	
	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 confectionary, chocolate or chocolate coated products	
	Desserts, cakes and biscuits are allowed at lunch time	
	Salt must not be available to add to food after it has been cooked	
	Any condiments limited to sachets or portions of no more than 10grams or one teaspoonful	
<b>Healthier drinks</b>	<p>The only drinks permitted are:</p> <ul style="list-style-type: none"> <li>• Plain water</li> <li>• Lower fat milk or lactose reduced milk</li> <li>• Fruit or vegetable juice (150mls)</li> <li>• Plain soya, rice or oat drinks enriched with calcium</li> <li>• Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugar or honey) limited to 330mls with fruit or vegetable juice making up a maximum of 150mls</li> <li>• Tea, coffee, hot chocolate</li> </ul>	