Setting the Table, food and drink standards

**Standard 8: Savoury snacks**

Only the following can be provided and **only once a day**:

* Plain oatcakes
* Plain savoury snacks
* Plain rice cakes
* Plain breadsticks

Plain = no seasonings, coatings or flavours such as cheese or yogurt.

**Standard 5: Sweetened & baked products, puddings & desserts**

**Light meal, main meal**

**Maximum 3 times per week, no more than once in a day**

* Baked - cookies, scones, muffins, bagels, traybakes, cakes, pancakes, waffles and brownies.
* Desserts - sponge puddings, cheesecakes, jelly, custard, rice pudding, ice cream, ice lollies.
* Other items - biscuits, cereal bars, croissants, fruit pies and brioche.

If combination dishes are provided, e.g. crumble and custard, this would be classed as one serving and the serving size should reflect one portion.

**Standard 3: Red & red processed meat**

**Light meal, main meal**

These meats should be limited to a **maximum of 3 times per week**, one of which can be red processed meat, but at **no more than 1 mealoccasion per day**.

Red meat examples: beef, lamb, mutton, veal, venison, goat and pork.

Red processed meat examples: sausages, hot dogs, ham, burgers and deli meats such as pates, salami and corned beef.

**Standard 1: Fruit & vegetables (40g per portion)**

**Every snack:**a fruit and/or vegetable portion should be provided (no dried fruit).

**Every light meal:** a fruit and/or vegetable portion should be provided.

**Every main meal**: at least 2 portions of vegetables should be provided, where a dessert is provided, a portion of fruit should always be an option.

A portion of dried fruit should be no more than 15g, limited to once a day and an alternative fruit should always be provided.

**Standard 7: Fried foods**

**light meal, main meal**

**Maximum once per week**

* Deep frying should not be used as a cooking method.
* Examples – chips, waffles, wedges, pakora, spring rolls, chicken nuggets and fish fingers.

**Standard 6: Breakfast cereals**

* No more than 15g of total sugar per 100g
* No more than 440mg sodium per 100g
* No more than 1.1g of salt per 100g
* At least 3g of fibre per 100g

**Standard 4: Yogurts & fromage frais**

**Snacks, light meal, main meal**

Only plain and unsweetened can be provided.

**Standard 2: Oily fish**

**Maximum twice a week**

**Light meal & snack:** should be provided once a week on the weeks when it is not provided as a main meal.

**Main meal:** should be provided at least once every 3 weeks.

**Standard 10: savoury pastry**

**Light meal, main meal**

**Maximum once per week**

Examples – pies, sausage rolls, quiche and butteries

**Standard 12: Salt, condiments & preserves**

**Light meal, mainmeal**

* No salt added to food at all, including during cooking
* Condiments, preserves, syrups and honey provided infrequently and sparingly and be of lower fat, salt and sugar varieties where possible.

**Standard 13: Confectionery**

Not to be provided at any time.

**Standard 11: oils & spreads**

* Oils should contain no more than 16g per 100g
* Spreads should contain no more than 20g per 100g

**Standard 9: Bread foods**

**Snack, light meal & main meal**

* Minimum of 3g fibre per 100g

Created by Jane’s Childcare

**Standard 14: Drinks**

Only still, plain water, plain milk and unsweetened fortified non-dairy alternative to be provided.

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