

SODEXO CHINA SCHOOL CATERING STANDARDS

BACKGROUND

Pupils need the right balance of food and nutrients to develop and grow. It is important that school lunches contain sufficient energy and micronutrients to promote good nutritional health. When consumed daily the food provided through the school canteen may comprise a third of a student's total daily intake and have significant influence on their health and nutrition (1).

School canteens and other food services are important educational resources. They have an important part in the provision of food to students and the school environment as well as being an integral part of the school environment. The school canteen should reflect the educational goals of the school and support and complement school learning.

The "Australian Dietary Guidelines" (2) and the UK "Guide to introducing the Government food Based and nutrient Based standards for school lunches from the School trust"(3) have been used to develop a guide to make the meals provided by Sodexo in schools healthier.

GOALS

- (1) To promote the health of students and staff through the provision of meals in keeping with healthy eating guidelines.
- (2) To provide meals that are safe.
- (3) To minimize wastage.

STRATEGIES

1. The menu is developed to provide a balance of the food groups at meals. Across the menu a variety of foods within each group is provided to ensure a balance of nutrients.
2. The menu is developed to reflect healthy eating guidelines (2, 3). i.e. limits saturated fat, added salt and sugar.
3. The menu reflects the diverse background of students and includes an Asian and Western choice.
4. Provide meals that are appealing in appearance and taste to promote a variety of foods to be consumed.
5. Standard recipes are used to maintain quality and are required which limit addition of salt, saturated fat and sugar.
6. Meal sizes and portion control reflect the energy requirements of students at different ages.
7. Meals provided are age appropriate to ensure safety and reduce choking risk.
8. Meals are prepared following safe catering guidelines.

FOOD –BASED STANDARDS

FOOD GROUP	TARGET
Fruit & Vegetables	Not less than two portions per day per pupil must be provided: at least one should be vegetables or salad and at least one should be fruit. Fruit and vegetables should be available in all food outlets
Meat, fish and other non-dairy source of protein	A food from this group must be provided on a daily basis. The menu is to offer a mix of plant and animal based protein foods. A vegetarian protein source is available at each meal. Meat products from the following shall not be provided more than once per week. Burgers, corned meat, sausages, pies/pasties, shaped or coated meat products. Fish must be provided at least once per week.
Starchy food cooked in oil	Starchy food cooked in oil should not be provided more than 3 times a week.
Bread	Bread with no added fat should be provided on a daily basis.
Drinking water	Drinking water should be provided at all times.

NUTRIENT STANDARDS

ENERGY

Energy is vital for pupils' growth and development. It enables them to concentrate, learn and play at school.

Some students need to eat more than others depending on age, body size, metabolism and physical activity. An average school lunch should provide 30% of the total daily energy requirements. Food energy should come from not less than 50% carbohydrate, with a smaller amount from fat (not more than 35%) and protein.

As a school, we encourage pupils to eat to their appetite and stop when they feel full. Hungry students should be encouraged to choose starchy carbohydrates in place of foods high in fat and sugar.

CARBOHYDRATE

Sources of starchy carbohydrate - bread of all types, rice, pasta, noodles, potatoes, yams, oats, couscous, breakfast cereal, wheat grains, lentils and kidney beans.

Wholegrain varieties of bread and cereals are best as they are a good source of fibre. Wherever possible, offer wholegrain options such as wholegrain bread.

SUGARS

Milk sugar (lactose) consumed in plain/flavored milk and yoghurt and fructose (fruit sugar) consumed in fresh, tinned and dried fruit are part of a healthy diet. Some food and drinks are high in sugars with few other essential nutrients e.g. sweetened drinks, cakes, pastries, biscuits and confectionery.

Limit intake of refined sugar.

1. High sugar desserts are limited to 3/week.
2. Healthy options such as fruit are available daily in addition to or as an option for dessert.
3. Limit sugar fruit drinks, juice if available will be 100% fruit juice. Water or milk is the preferred drink.
4. Use less sugar in recipes.

FIBRE

Fibre is essential for a healthy digestive system. It assists bowel function and can help prevent problems such as constipation. Sources of fibre include brown rice, wholegrain bread and cereals, vegetables, lentils, chickpeas, kidney beans, fruit and vegetables.

Encourage a diet high in fibre:

1. Fruit is offered as an alternative to dessert at meals.
2. Whenever possible wholegrain breads and cereals should be offered in addition to or as an alternative to refined grains e.g. whole meal/grain bread, brown rice, whole meal flour in baking.
3. Add legumes or vegetables to meals such as stews, stir fries, chili con carne.
4. Use combinations of whole meal and white varieties e.g. rice.

SATURATED FAT

There are two types of fat – saturated fat (mainly from animals) and unsaturated fat (mainly from plants and fish).

A diet high in saturated fat can cause high cholesterol levels and increase the risk of diseases such as coronary heart disease.

To limit the saturated fat content of meals.

1. Remove skin off chicken and duck prior to cooking apart from if it is to be cooked roasted on the bone.
2. Trim meat fat and gristle to cooking,
3. Select oils lower in saturated fat such as canola, soybean, sunflower, corn oils.
4. Where possible substitute butter in recipes with monounsaturated or polyunsaturated margarines.
5. Limit deep fried foods to 1/week per menu. Choose low fat cooking methods such as baking over deep frying.
6. Use reduced fat dairy products where available e.g. milk, cheese, yoghurt. Reduced fat milk is suitable for children 2 years and older and skim is suitable for children 5 years and older.

PROTEIN

Protein is important for growth and repair of body tissues. Pupils are growing fast so protein is particularly important to them.

Sources of protein include meat, fish, cheese, eggs, yoghurt, nuts* and seeds, kidney beans, chickpeas, lentils, cereals and meat alternatives such as tofu.

* British School is a nut free school.

1. Menus should include a variety of plant and animal protein foods.

2. The salad bar is to include an option with a plant based protein such as legumes or tofu.

SALT

Too much sodium, a component of salt can cause high blood pressure, which may lead to conditions such as heart disease, stroke and kidney problems.

Sources of salt included added salt, with the majority in processed foods. These include soups, sauces e.g. soy sauce, gravy, processed food e.g. nuggets, bacon, ham, sausages, cheese and condiments.

Too limit the salt content of meals.

1. Limit all added salt in cooking, added salt to be measured and limited in accordance with standard recipes.
2. Limit the use of processed meats such as ham and bacon. Do not add processed meat to salads.
3. Use herbs and spices to add flavor to meals in place of salt.
4. If available purchase reduced or no added salt tinned products e.g. vegetables, tuna in spring water. Rinse tinned vegetables such as beans to remove salt.
5. If dishes include high salt sauces such as soya sauce, no salt is to be added in cooking.
6. MSG is not to be used in recipes.

VITAMINS A, C and FOLATE

Vitamin C is needed for wound healing, is an antioxidant which helps protect the body from infections and disease and enhances iron absorption(3).

Sources of vitamin C include citrus fruit, berries and kiwi fruit. Other sources include broccoli, green and red capsicum and potatoes.

Folate is essential for blood cells, the nervous system and helps prevent anemia.

Sources of folate include liver, orange juice, green leafy vegetables, broccoli, peas and chickpeas.

Vitamin C and folate may be lost during preparation and cooking, to minimize loss:

1. Steam vegetables or cook in a minimum volume of water.
2. Prepare and cook fruit and vegetables as close as lunchtime as possible.

Vitamin A is important for growth and tissue repair, the immune system and good eyesight (3).

Sources of vitamin A include oily fish, eggs, cheese, butter and milk. Other sources include yellow, orange and red colored fruit and vegetables such as carrots, peppers, apricots, oranges, sweet potato, tomato and green leafy vegetables.

It is important to include a variety of fruit and vegetables to ensure a balance of nutrients.

CALCIUM

Calcium is important in the development of strong teeth and bones particularly during childhood and adolescence. Inadequate calcium intake increases the risk of developing osteoporosis later in life.

Sources of calcium include dairy products such as milk, cheese, yoghurt, calcium fortified soy drinks, broccoli, cabbage, tofu, chickpeas and soya beans.

1. The lunch menu is to include a serve of dairy products daily.
2. Where possible lower fat dairy products will be used.

SPECIAL DIETS

Vegetarian Diets

Vegetarian meals and snacks are suitable for all children. Vegetarians do not eat meat or meat products. Vegetarian diets can be divided into 3 main types:

Lacto-ovo vegetarians eat both dairy products and eggs.

Lacto vegetarians eat dairy products but not eggs.

Vegans do not eat dairy products, eggs or any animal products including honey.

Practice

- Vegan diets are difficult to cater for on a daily basis.
- All salads at the salad bar will be vegetarian (not vegan), Junior and Senior schools and will include a salad with a vegetarian protein source such as tofu or legumes.
- The sandwich bar will include a vegetarian protein choice such as eggs and/or cheese daily.
- Vegetarian dishes if provided will include a variety of protein sources such as legumes, eggs, cheese, tofu and soy products.
- Fruit and/or vegetables high in vitamin C will be available at vegetarian meals to enhance iron absorption.

Nut free

All meals prepared and provided by Sodexo do not use nuts including nut free oils. However, some ingredients may have been processed in facilities that may have come into contact with nuts.

Other Special Diets

Due to issues with potential cross contamination in food preparation, potential variability in food product content and inconsistency in food product availability, it is not possible to guarantee catered meals can meet the requirements of diets such as gluten free and dairy free.

KEEPING CHILDREN SAFE

Foods with a high risk of choking in children up to the age of 3 include whole nuts, seeds, raw carrot and celery sticks. To reduce the risk of choking for children younger than 4 years old:

- Cut raw vegetables in pieces no larger than 1cm.
- Shred carrots and other hard vegetables if served raw.
- Slice cherry tomatoes or grapes and other round foods in half.
- Remove stones and pips before serving.
- Cut fruit like melon into slices instead of chunks.
- Offer vegetables cooked or soft.
- Cut meat, fish and poultry into smaller pieces.

Also

- Meat with bones such as chicken is not to be served to early years children.
- Ensure all fish dishes are free of bones.
- Hot food is cooked to 75°C or hotter.
- Meat including sausages and mince is thoroughly cooked with no pink or red in the centre.
- Hot meals will be served between 60 – 75°C.

APPENDIX 1.

AUSTRALIAN DIETARY GUIDELINES

GUIDELINE 1

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.
- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

GUIDELINE 2

Enjoy a wide variety of nutritious foods from these five groups every day:

- Plenty of vegetables, including different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)

And drink plenty of water.

GUIDELINE 3

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
 - Low fat diets are not suitable for children under the age of 2 years.
- b. Limit intake of foods and drinks containing added salt.
 - Read labels to choose lower sodium options among similar foods.
 - Do not add salt to foods in cooking or at the table.
- c. Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
- d. If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.

GUIDELINE 4

Encourage, support and promote breastfeeding.

Guideline 5

Care for your food; prepare and store it safely.

APPENDIX 2

RECOMMENDED NUMBER OF SERVES OF THE FOOD GROUPS BY AGE (2)

	Age (years)	Vegetables and legumes	Fruit	Grain foods	Dairy & alternatives	Meat, poultry, fish, eggs, tofu, nuts & seeds
Boys	2-3	2 ½	1	4	1 ½	1
	4-8	4 ½	1 ½	4	2	1 ½
	9-11	5	2	5	2 ½	2 ½
	12-13	5 ½	2	6	3 ½	2 ½
	14-18	5 ½	2	7	3 ½	2 ½
Girls	2-3	2 ½	1	4	1 ½	1
	4-8	4 ½	1 ½	4	1 ½	1 ½
	9-11	5	2	4	3	2 ½
	12-13	5	2	5	3 ½	2 ½
	14-18	5	2	7	3 ½	2 ½

GUIDE TO THE NUMBER OF SERVES & EXAMPLES TO MEET 1/3 OF DAILY RECOMMENDATIONS.

		Vegetables & Legumes	Fruit	Grains & Cereals	Meat & Alternatives	Dairy & Alternatives
4-8 Years	No Serves Per Meal	1.5 ½ cup salad vegetables or ½ potato + ½ tomato or 75 g cooked vegetables + ½ tomato	0.5 ½ cup diced fruit or ½ apple or banana	1.3 ½ cup rice or pasta + 1/3 slice bread e.g. 1/6 finger sandwich	0.5 1 egg or 40 g meat or 40 g chicken	0.5 (girls) 0.7 (boys) 120 - 160 ml milk or 20 - 30 g cheese
9-11 Years	No Serves Per Meal	1.7 ½ potato + 50 g vegetable or 1 cup salad + 50 g vegetable	0.7 70 g fruit or ¾ cup diced fruit or 90 ml 100% fruit juice	1.3 (girls) 1.7 (boys) approx ¾ cup rice or pasta or 1 ½ - 2 slices of bread or 1 wrap (50 - 70 g)	0.9 60 g cooked meat or 70 g cooked chicken or 85 g cooked fish	0.8 - 1 200 - 250 ml milk or 160 - 200 g yoghurt or 30 - 40 g cheese
12-13 Years	No Serves Per Meal	1.7 - 1.8 (see above)	0.7 (see above)	1.7 - 2 ¾ - 1 cup rice/pasta or 80 g bread (2 slices)	0.9 (see above)	1.2 170 ml milk + 20 g cheese
14-18 Years	No Serves Per Meal	1.7 - 1.8 (see above)	0.7 (see above)	1.7 - 2 (see above)	0.9 (see above)	1.2 (see above)

Serve Sizes

Vegetables. A serve is approximately 75 g

- ½ cup cooked green or orange vegetables (for example broccoli, spinach, pumpkin, carrots)
- ½ cup cooked beans, peas or lentils
- 1 cup raw leafy vegetables or 1 tomato
- ½ cup sweet corn,
- ½ medium potato or other starchy vegetable e.g. sweet potato, or cassava

Fruit A serve is about 150g

- 1 medium piece fruit e.g. apple, banana or 2 small pieces e.g. kiwi, plums
- 1 cup, diced canned/cooked fruit
- 125 ml 100% juice
- 30 g dried fruit e.g. 4 dried apricots, 1 ½ tbsp. sultanas

Grain foods

- 1 slice bread or ½ roll or flat bread (40g)
- ½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa (75-120g),
- ½ cup cooked porridge (120g), 2/3 cup wheat cereal flakes (30g) or ¼ cup muesli
- 3 crisp breads (35g)
- 1 crumpet (60g) or 1 small muffin or scone (35g), ¼ cup flour

Protein

- 65g cooked lean red meat (about 90 – 100g raw weight of beef, lamb, pork, venison)
- ½ cup lean mince, 2 small chops, 2 slices roast meat (90-100g raw)
- 80g cooked poultry (100g raw skinless chicken or turkey),
- 100g cooked fish (115g raw weight) or 1 small can fish,
- 2 large eggs (120g)
- 1 cup cooked beans, lentils, split peas
- 170g tofu
- 30g nuts or seed paste

Dairy & alternatives

- 1 cup (250 ml) milk or buttermilk
- ½ cup evaporated milk
- ¾ cup (200g) yoghurt
- 40 g hard cheese, ½ cup (120g) ricotta
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg calcium per 100 ml

Water

As a general guide Children up to 8 – 4-5 cups/day

Adolescents – 6-8 cups

A **portion size** is the amount an individual actually eats and this will depend on energy requirements.

Individuals whose portions are smaller than the “serve size” will need to eat from the food group more often.

The amount an individual actually eats will depend on their energy requirements (age, activity levels and body size); additional amounts can be included depending on energy needs.

BRITISH SCHOOL OF BEIJING, SANLITUN

School Healthy Catering Policy

Policy goal

BRITISH SCHOOL OF BEIJING, SANLITUN recognizes and values the importance of healthy eating in promoting people's health and wellbeing, and encourages and supports staff and students to make healthy eating choices. Through this policy we will ensure that a variety of healthy foods and drinks are provided at school canteens and the school cafeteria.

Rationale

Serving healthier food in schools is an important part of promoting health and wellbeing among our students and staff. Healthy eating is essential for good health and contributes to positive wellbeing. BRITISH SCHOOL OF BEIJING, SANLITUN is in a key position to encourage and support a healthy lifestyle for our students and staff by providing and promoting healthier foods and drinks at the school canteen and cafeteria.

School environments that support health can significantly contribute to improved health and wellbeing of their students and staff by reducing health risk factors.¹ Increasing the availability of fruits and vegetables, and limiting the availability of high fat, high sugar, high salt and nutrient-poor foods and drinks (such as deep-fried foods and soft drinks) are key components of the BRITISH SCHOOL OF BEIJING, SANLITUN Healthy Catering Policy.

Scope

This policy applies to all food and drinks served or available at BRITISH SCHOOL OF BEIJING, SANLITUN canteens and cafeteria.

This policy does not apply to food and drinks brought from home by staff and students for their personal use, or to share for personal celebrations such as birthdays or farewells. However, BRITISH SCHOOL OF BEIJING, SANLITUN encourages providing healthy eating options on these occasions.

Nutrition standards

All catering provided at BRITISH SCHOOL OF BEIJING, SANLITUN will reflect the food recommendations as outlined in the "Sodexo China Schools Catering Standards".

Development and implementation

The policy has been developed by Sodexo Nutritionist and is guided by healthy eating recommendations in the Australian Dietary Guidelines and UK School Food Trust "A guide to introducing the Government's food-based and nutrient-based standards for school lunches" school healthy catering policy guidelines.

- Policy implementation will commence BRITISH SCHOOL OF BEIJING, SANLITUN.
- The Nutrition Committee will be responsible for implementing and reviewing this healthy catering policy.

Communication

The BRITISH SCHOOL OF BEIJING, SANLITUN will be responsible for actively promoting this policy and promoting healthier catering choices and healthy eating practices within BRITISH SCHOOL OF BEIJING, SANLITUN.

- All school staff, student families and staff at BRITISH SCHOOL OF BEIJING, SANLITUN will be made aware of the school healthy catering policy.
- This policy will be included and can be accessed from the School website.
- This policy will also be communicated using other strategies including newsletters, via the intranet, at relevant staff meetings and on bulletin boards.

Monitoring, compliance and review

The BRITISH SCHOOL OF BEIJING, SANLITUN will be responsible for the monitoring, compliance and review of this school healthy catering policy.

- A healthy catering monitoring plan will be maintained by staff. This may include developing and implementing a short survey for staff and students to complete that evaluates the use of the policy and seeks further suggestions for its improvement and ongoing implementation.
- All staff and students will be given the opportunity and encouraged to make comments and forward their suggestions to the BRITISH SCHOOL OF BEIJING, SANLITUN Committee via the school parent and student representatives
- The School Healthy Catering Policy will be reviewed annually.
- Regular updates will be provided to staff via their line management and parents via BRITISH SCHOOL OF BEIJING, SANLITUN.

Policy endorsement

We, the undersigned, hereby certify that this policy was endorsed by BRITISH SCHOOL OF BEIJING, SANLITUN.

Committee chairperson

Signature: _____ Name: _____

Catering Manager

Signature: _____ Name: _____

Date _____

REFERENCES

- (1) Go for your Life. Healthy Canteen Kit. Canteen manual. Dept. of Education & Training Melbourne 2006.
- (2) NH&MRC, Department of Health and Aging. Australian Dietary Guidelines. 2013
- (3) A Guide to introducing the Government food-based and nutrient-based standards for school lunches. School Food Trust.

REFERENCES

- (1) Go for your Life. Healthy Canteen Kit. Canteen manual. Dept. of Education & Training Melbourne 2006.
- (2) NH&MRC, Department of Health and Aging. Australian Dietary Guidelines. 2013
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