

Food and drink in afterschool clubs

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WLGA • CLILC

Contact us

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Food and Drink in After School Clubs

This leaflet is to help you understand the types of food and drink that can be provided in after school clubs. It is important that children and young people are provided with healthy food throughout the school day. This must be in line with the food standards in The Healthy Eating in Schools Regulations (Wales) 2013.



What is an after school club?

An after school club is any regular club that is held on school premises after the official school day.

What are the Healthy Eating in Schools Regulations?

The regulations set out the type of food and drink that can be provided in schools. This makes it a legal requirement for food providers to serve food and drink that meet the food standards in the regulations.

Why do afterschool clubs have to provide food and drinks that meet these standards?

We all know how important it is to eat healthy. These regulations make sure that healthy eating messages provided during school are continued after school too. This ensures children are given consistent healthy eating messages throughout the school day and are given the opportunity to make healthy food choices.



Frequently asked questions...

Do all after school club providers have to meet the standards?

Yes, all food providers including teachers, school/local authority caterers, catering companies, charities, volunteers or any other person have to meet the standards.

Who is responsible for making sure that the food provided meets the standards?

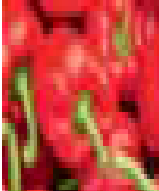
The school where the after school club is being held is responsible for providing the club with information and making sure that they are providing the correct food.

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Do all afterschool clubs have to comply with the food standards?

Yes, the food standards apply to all food and drink provided on the premises of local authority-maintained schools up until 6pm.

These foods are permitted

Types of food		Description	
	Fruit and vegetables	Must be available at all serving outlets, e.g. as fresh, frozen, tinned (in fruit juice)	
	Water	Free, fresh drinking water should be available	
	Dairy products	Such as semi-skimmed milk, yoghurts, custard, rice pudding, cheese	
	Meat and fish	Fresh and tinned fish such as salmon, tuna, mackerel. Meat such as ham, chicken, lamb, beef	
	Breakfast cereals with semi skimmed milk	Such as wheat biscuit, rice snaps. No added sugar or cocoa	
	Bread based products	Such as sandwiches, wraps, bagels, English muffins, crumpets	

These foods are not permitted or are restricted

Types of food		Description	
	Cakes and biscuits	Such as jaffa cakes, digestive biscuits, swiss roll, jam tarts	 not allowed
	Confectionary	Such as chocolate, boiled sweets, cereal bars, marshmallows	 not allowed
	Savoury snacks	Such as crisps, baked crisps, corn snacks, pop-corn	 not allowed
	Salt	Not available for pupils to add to food	 not allowed
	Drinks	Such as squash, fizzy drinks, flavoured water, sports drinks	 not allowed
	Condiments	Such as ketchup and mayonnaise must not provide more than 10ml	 restricted*
	Meat products	Such as sausage rolls, corned beef pasties, pork pies	 restricted*
	Potato products	Such as chips, potato waffles	 restricted*
	Products cooked in fat/oil	Such as fish fingers, nuggets	 restricted*

**Restricted food items are only allowed to be served a certain number of times throughout the week, across the school day. If you serve these products you must co-ordinate with the school lunch provider to ensure you are not exceeding the maximum number of times these products are permitted.*

Here are some ideas of the types of foods you can provide

Sandwiches/wraps/panini/pittas

Try using wholegrain breads with various fillings such as: tuna and sweetcorn, salmon and reduced fat cream cheese, hummus and roasted vegetables, sliced turkey and cranberry sauce, egg, spicy mixed bean and chicken, chicken salad, flaked mackerel and pepper etc;

Toast/bagels/English muffins

Topping suggestions: polyunsaturated margarine, sliced banana with cinnamon, reduced fat cream cheese, baked beans, cheese and tomato, poached egg;

Jacket potato

Topping suggestions: cheese, cottage cheese, baked beans, chilli con carne, ratatouille;

Quiche or frittata or omelette

Fruit and vegetables

This includes fresh, tinned (in juice or water), frozen and dried varieties. Try whole fruit, fruit kebabs, fruit salad pots, jelly with fruit, vegetable crudités;

Yoghurts with fruit pieces

Breakfast cereals

e.g. wheat biscuits, with semi skimmed milk.

Where can I find more information about food in schools?

Information on the standards can be found on the Welsh Government website. You can also contact your local authority catering team for additional information on the school meal service in your local area.



