














Healthy Holidays Food Standards Checklist

Use this checklist to plan your snacks and meal time provision and tick when you have met each standard.

Lunches, main meals and food served across the day










Standard	Tick if met	Comments
1 Make sure vegetables or salad are served as part of every meal and try to include a variety across the week 	<input type="checkbox"/>	
2 Offer a type of fruit every day alongside or instead of a high sugar pudding 	<input type="checkbox"/>	
3 Try to include a portion of milk, dairy or alternatives each day e.g. milk, cheese or yoghurt 	<input type="checkbox"/>	
4 Include a portion of starchy food at each meal 	<input type="checkbox"/>	
5 Aim for at least one type of wholegrain starchy food each week 	<input type="checkbox"/>	
6 No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week e.g. battered fish, chips, potato waffles 	<input type="checkbox"/>	
7 Offer plain bread each day for hungrier children to fill up on 	<input type="checkbox"/>	
8 Make sure a portion of protein is available each day such as eggs, fish, beans, chicken, beef, pork, etc. 	<input type="checkbox"/>	
9 Limit processed meat (such as sausages, burgers, chicken nuggets, chicken burgers) to once per week 	<input type="checkbox"/>	
10 For those children who don't eat meat, make sure they have an alternative meal choice that still includes protein such as tofu, Quorn, soya, beans, etc. 	<input type="checkbox"/>	
11 It's good practice to have one day where the meal choice for everyone is meat-free or plant-based 	<input type="checkbox"/>	
12 Try to include desserts based on fruit 2 or more times per week (such as fruit crumble, fruit and custard, fruit flapjack, etc.) 	<input type="checkbox"/>	
13 Limit condiments like ketchup, brown sauce or mayonnaise to 10g portions (1 teaspoon). 	<input type="checkbox"/>	

Snacks






Suitable choices for snacks include: Fresh whole fruit, tinned fruit, fruit pots, fruit kebabs, chopped fruit, vegetables sticks, cheese, yoghurts (low sugar), plain rice cakes with spread, crudité's with dips, pittas, bread items, fruit loaf, bagels, toast, boiled eggs.



Standard	Tick if met	Comments
1 Offer fruit or vegetables at each snack and meal opportunity 	<input type="checkbox"/>	
2 No crisps or similar snack items, except fruit and vegetables with no added salt, sugar or fat 	<input type="checkbox"/>	
3 No confectionery items (chocolate bars, sweets, cereals bars, chocolate covered biscuits) should be offered 	<input type="checkbox"/>	
4 Desserts, pastries, cakes and biscuits should only be served at mealtimes 	<input type="checkbox"/>	
5 No savoury crackers or breadsticks 	<input type="checkbox"/>	
6 If serving jam/marmalade, limit to no more than 2 times per week and offer in 10g portions (1 teaspoon) 	<input type="checkbox"/>	
7 The only drinks that should be offered are water, milk, 100% fruit juice (fresh or from concentrate). Fruit juice can be diluted with water to reduce sugar content. 	<input type="checkbox"/>	

Breakfast



Standard	Tick if met	Comments
1 Offer plain (not chocolate or sugar coated) cereals only 	<input type="checkbox"/>	
2 No pastries or cakes 	<input type="checkbox"/>	
3 No chocolate spread or honey 	<input type="checkbox"/>	
4 If serving jam/marmalade, limit to no more than 2 times per week and offer in 10g portions (1 teaspoon) 	<input type="checkbox"/>	
5 The only drinks that should be offered are water, milk, 100% fruit juice (fresh or from concentrate). Fruit juice can be diluted with water to reduce sugar content. 	<input type="checkbox"/>	