



## Family Food First Menu Standards

Meal	Essential criteria	Achieved (Yes/No)	Comments/suggestions
<b>Breakfast</b>	<b>Each day, are the following offered at breakfast:</b>		
	A portion of starchy food (cereal/porridge/bread/toast/english muffin/crumpet)		
	A serving of plain milk <u>or</u> other dairy food (yoghurt/cheese)		
	A portion of fruit <u>or</u> vegetables		
	Water as a drink		
	<b>Over the week, are the following offered at breakfast:</b>		
	Only cereals that are fortified with vitamins and minerals with (labelled low or medium sugar on packaging)		
	No cereals <b>e.g chocolate flavoured, honey coated, frosted</b>		
	Offer a variety of wholegrain and white starchy foods each week.		
	At least three different starchy/carbohydrate foods (porridge/cornflakes/wholemeal toast)		
<b>Lunch</b>	<b>Each day, are the following offered at lunch:</b>		
	A portion of meat, fish, meat alternative, eggs or pulses		
	For vegetarian children, a suitable meat alternative		
	For vegetarian children, the option is similar in texture and appearance to the meat-based dish at the same meal		
	A portion of starchy/carbohydrate food		



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<b>Lunch</b>	Two different vegetables (can be incorporated into the meal)		
	Water as a drink		
	<b>Over the week, are the following offered at lunch:</b>		
	Red and white meat at least once (refer to table 1 for examples)		
	Fish at least once		
	Meat alternative or pulses for <b>all children</b> at least once		
	At least four different vegetarian options such as meat alternatives, eggs and pulses		
	Processed meats (eg sausages/meatballs) no more than once		
	Processed fish no more than once		
	Processed meat alternative no more than once		
	At least three different starchy/carbohydrate foods		
	Processed or <b>fried</b> potato products no more than once		
	Tinned pasta products e.g spaghetti hoops no more than once		
	No flavoured dried rice, pasta and noodle products are		
	At least three different vegetables		
	Baked beans as a vegetable no more than once		
	A fruit based pudding at least twice		



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<b>Lunch</b>	A milk based pudding at least three times		
	It is good practice to provide wholegrain starchy foods for at least one lunch each week		
<b>Tea/light meal</b>	<b>Each day, are the following offered at tea:</b>		
	A portion of meat, fish, meat alternative, eggs or pulses		
	For vegetarian children, a suitable meat alternative food		
	A portion of starchy/carbohydrate food		
	A portion of vegetables or fruit		
	Water as a drink		
	<b>Include a main course and a milk or fruit based dessert</b>		
	<b>Over the week, are the following offered at tea:</b>		
	A meat source at least once a week		
	Fish at least once		
	Meat alternative or pulses for <b>all children</b> at least once		
	At least three different vegetarian options such as meat alternatives, eggs and pulses		
	Processed meat alternative no more than once (		
Processed fish products no more than once			
Processed meat products (no more than once			



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<b>Tea/light meal</b>			
	At least three different starchy/carbohydrate foods, such as wraps, pitta, bagels rice, pasta		
	Processed or <b>fried</b> potato products no more than once		
	Tinned pasta products e.g spaghetti hoops no more than once		
	No Flavoured dried rice, pasta and noodle products		
	At least three different fruits and vegetables		
	Baked beans as a vegetable no more than once		
	A milk or fruit based pudding at least three times		
	It is good practice to provide wholegrain starchy foods for at least one tea each week		
<b>Mid-morning and Mid-afternoon Snacks</b>	<b>Each day, are the following offered at snacks:</b>		
	A fruit, and/or vegetable are offered at least every day (dried fruit avoided)		
	A choice of at least 2 different snack foods		
	Only plain milk and/or plain water to drink		
	<b>Over the week, are the following offered at snack time:</b>		
	Starchy foods are offered as part of at least one snack each day		
	Meat, fish, eggs and meat alternatives are offered no more than once or twice a week		
	Snack foods are sugar- free/savoury		
	No Flavoured dried rice, pasta and noodle products		



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	Avoid salty snacks such as crisps		
<b>Entire menu</b>	Oily fish is provided (such as salmon, sardines, pilchards or mackerel) at least once every three weeks, but not more than twice each week, as it can contain low levels of pollutants.		
	Full fat milk is given to children aged from one to two years as their main drink.		
	Children over the age of two can have semi-skimmed milk if they are growing well and eating a healthy, balanced diet. Avoid skimmed milk as this is low in fat and <b>does not</b> provide enough energy for children under five.		
	Fat spreads made from vegetable oils, which are high in unsaturated fats such as olive oil, are used		
	Use as little oil in cooking as possible, and choose a cooking oil high in unsaturated fats, such as vegetable, rapeseed, sunflower or olive oil.		
	Use of pastry is limited to once a week		
	Limit ice cream and cream to once a week with fruit-based desserts at meal times		
	Avoid foods and drinks containing artificial sweeteners. They may encourage children to prefer very sweet foods		
	Do not add salt in cooking		
	Provide a variety of fruit and vegetables		
	Provide a variety of wholegrain and white starchy foods each week		
	No processed puddings more than once e.g. angel delight, jelly cubes, pre-made cheesecake		
No additives or trans-fats used			



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1. Crawley, H., 2006. Eating well for under-5s in child care: Practical and nutritional guidelines. 2<sup>nd</sup> Edition. The Caroline Walker Trust: England.
2. Crawley, H., 2006. Eating well for under-5s in child care: Training Materials for people working with under-5s in child care. 2<sup>nd</sup> Edition. The Caroline Walker Trust: England.
3. The Under 5 Healthy Eating Award. 2008. The Under 5 Healthy Eating Award Manual. Bedfordshire Community Health Services: England.
4. School Food Trust 2011 Food and Drink Guidelines for Early Years Settings in England: A Practical Guide

**Table 1. Examples of common foods in each food group (excluding fruits and vegetables)**

Starchy/ carbohydrate foods	Meat/meat alternatives	Milk, cheese, yoghurt	Foods/drinks high in fat/sugar
Potato	Beef	Milk	Butter/margarine/oil
Pasta	Lamb	Cheese (Cheddar, Red Leicester etc)	Cream/sour cream
Rice	Pork	Processed cheese	Crème fraiche
Noodles	Chicken	▪ sticks	Mascarpone
Cous cous	White fish	▪ triangles	Sugar
Bread/Rolls/English muffins	▪ Tuna	▪ slices	Honey/syrup/treacle
▪ white	▪ Cod	Creamed cheese	Muffins (cake style)
▪ brown	▪ Haddock	Yoghurt	Biscuits
▪ grain	▪ Pollock	Fromage frais	Cakes
Tortilla	Oily fish	Custard	Doughnuts
Pita	▪ Mackerel		Pastries/Pies
Chapatti/Naan/Paratha	▪ Sardines		Ice-cream
Crackers/Crisp breads/Oatcakes	▪ Herrings		Jelly
Crumpet/Pancake/Scone	▪ Pilchards		Mousse (e.g. chocolate)
Breakfast cereal	▪ Salmon		Ice lollies
Porridge/oats	Eggs		Sweets



Semolina	Cheese		Chocolate
Tapioca	Pulses/Legumes/Lentils		Fizzy drinks
Polenta	Quorn/Soya		Squash

**Table 2. Examples of common foods in sub-groups used for menu checking**

Processed potato products	Processed meats/ meat alternatives	Milk based puddings	Fruit based puddings	Unsaturated margarine/ cooking oils
Chips	Corned beef	Rice/Semolina/Tapioca pudding	Fruit/fruit salad (fresh/ tinned)	Vegetable
Potato waffles	Pressed meats	Milk jelly	Fruit fool	Soya
Alphabites™	▪ Luncheon/Salami/Chicken roll	Angel delight	Fruit compote	Rapeseed
Smiles™	Sausage (e.g. Meat/Quorn)	Yoghurt	Fruit crumble/pie	Olive
Potato scone	Pastry (sausage roll/pasty/meat pie)	Custard	Eve's pudding	Groundnut/Peanut
Potato hash	Crumbed/battered	Fromage frais	Fruit cake/muffin	Sunflower
Crisps	▪ Meat (e.g. schnitzel)	Cheesecake	Fruit jelly	
	▪ Chicken (e.g. chicken nuggets)		Steamed fruit pudding	
	▪ Fish (e.g. fish fingers)		Baked apple/pear/peach	
	▪ Quorn (e.g. nuggets, fillets)		Stewed fruit	
	▪ Scotch eggs			