

1. Understanding school food standards

- **UK Government – School Food Standards Practical Guide**
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>
- **Summary of The School Food Standards:**
https://chefsinschools.org.uk/wp-content/uploads/2021/08/School_Food_Standards_Summary.pdf
- **The School Food Plan (2013)**
https://www.schoolfoodplan.com/wp-content/uploads/2013/07/School_Food_Plan_2013.pdf
- **Portion sizes and food groups:** Looking to check if your school's portion sizes are right? Or wanting to deep dive into the different food groups?
https://chefsinschools.org.uk/wp-content/uploads/2021/08/Portion_Size_Poster-06012015_V1B.pdf

2. Othe toolkits to improve school food

Resources for schools, governors, and parents who want to help raise standards and make school food more appealing, healthy, and sustainable.

- **Chefs in Schools – School Food Toolkit**
<https://chefsinschools.org.uk/support/resources/school-food-toolkit/>
- **School Food Review – School Food Policy Toolkit**
<https://www.schoolfoodmatters.org/sites/default/files/2024-11/SFR%20School%20Food%20Policy%20Toolkit.pdf>
- **Chefs in Schools – Governor's Guide**
<https://chefsinschools.org.uk/wp-content/uploads/A-Governors-Guide-to-Improving-School-Food-final.pdf>
- **Food Active – Whole School Food Approach Toolkit (PDF)**
<https://foodactive.org.uk/wp-content/uploads/2023/10/PPH-school-food-paper-2023.pdf>
- **ProVeg – School Plates Guide**
https://unfccc.int/sites/default/files/resource/ProVeg_20251027_School-Plates-The-Guide_SJWSubmission.pdf
- **Hackney School of Food Toolkit** [The School of Food Toolkit | Hackney School of Food](#)

3. For parents: taking action and getting involved

Simple, practical ways parents can influence change and support healthier food for children.

- **School Food Matters – 12 Tips for Parents**
<https://www.schoolfoodmatters.org/sites/default/files/2022-01/Twelve%20Tips%20for%20Parents%20NEW.pdf>
- **Chefs in Schools – Parents' Voice on School Food Standards Report**
https://chefsinschools.org.uk/wp-content/uploads/CIS_School-Food-Standards-Campaign-Report.pdf
- **Food for Life – Parent Pack**
<https://www.foodforlife.org.uk/media/lpxfszkw/parent-pack.pdf>
- **British Nutrition Foundation – Food a Fact of Life: Parent Engagement Resources**
<https://www.foodafactoflife.org.uk/whole-school/parental-engagement/>
- **Food Active – Healthy Kids: Packed Lunch Guidance**
https://foodactive.org.uk/wp-content/uploads/2024/08/Communications-Toolkit_Packed-Lunch-Guidance_Food-Active_July-20201.pdf
- **TastED Parent Booklet**
<https://www.fis.cityoflondon.gov.uk/asset-library/tasted-parent-booklet-gov.uk.pdf>

4. Evidence and research

- **Superpowers of Free School Meals 2025**
<https://foodfoundation.org.uk/publication/superpowers-free-school-meals-2025-new-evidence-shows-economic-and-health-benefits>
- **Follow the Carrot: Can free school meal expansion boost the UK food and farming economy?** <https://www.sustainweb.org/reports/sep25-follow-the-carrot/>
- **Bridging the Gap: How to make school food work for children, farmers and planet** <https://www.sustainweb.org/reports/mar26-how-to-make-school-food-work-for-children-farmers-and-planet/>
- **Hungry for Change Report. What Parents and Pupils Want from Food Education**
https://www.bestfoodforward.co.uk/_files/uqd/6cff52_5c5d49aae7054a6397bb3cc48953bf2f.pdf

