

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
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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>
- **Rose K, O'Malley C, Lake AA, Lalli GS. 'Doing school food!': a practical toolkit for adopting a whole school food approach.**
<https://www.sustainweb.org/assets/pph-school-food-paper-2023-1778074236.pdf>
- **ProVeg – School Plates Guide**
https://unfccc.int/sites/default/files/resource/ProVeg_20251027_School-Plates-The-Guide_SJWAsubmission.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
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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/>