



Food for Life Served Here

Handbook

Bronze Standards

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Introduction to Food for Life Served Here

Food for Life Served Here (FFLSH) is an independent endorsement, backed by annual inspections, for food providers who are taking steps to improve the food they serve.

The aim of the scheme is to encourage and reward caterers who:

- serve fresh food
- source environmentally sustainable and ethical food
- make healthy eating easy, and
- champion local food producers.

FFLSH is available for all organisations who serve food. The fixed bronze standards apply to all caterers while silver and gold are assessed using a points-based system. Points are achieved at silver and gold for sourcing environmentally friendly and ethical food, steps taken towards making healthy eating easy and championing local food producers.

FFLSH applies only to food. The bronze standards do not apply to drinks, but you can achieve points towards silver and gold for using organic milk and for serving ethical and organic drinks.

You can apply for FFLSH using the form available on our website or call 01173 145 180.

All certified caterers should read their Handbook carefully and ensure all relevant staff have a copy available to them.

Support and training

The Certification Team will guide you through the application and inspection process offering support along the way.

In addition, we offer a range of opportunities to enable you to be confident that you meet the standards, help your staff understand the award and to promote your achievement. Find out more here or contact catering@foodforlife.org.uk.



Principles of Food for Life Served Here

❖ **Fresh food you can trust**

Food for Life Served Here (FFLSH) menus are based around food that is freshly prepared on site or at a local hub kitchen from predominantly unprocessed ingredients. They are free from controversial additives and artificial trans fats.

❖ **Sourcing environmentally sustainable and ethical food**

Certified caterers serve food which meets or exceeds UK animal welfare standards. Serving Food for Life menus helps to lower carbon emissions and pollution and, at silver and gold levels of the scheme where organic ingredients are used, increases levels of biodiversity.

❖ **Making healthy eating easy**

Certified caterers demonstrate compliance with national standards or guidelines on food and nutrition where these apply for their sector. They implement a range of steps to make healthy eating easier for their diners, in line with public health priorities.

❖ **Championing local food producers**

Certified caterers champion local produce and local producers. This is an investment in the local community and local economy and is a way to reconnect people with where their food comes from and how it is produced.



Standards development

Our standards-setting process has high levels of scrutiny and governance. Our standards aim to be stretching and ambitious, yet practical and achievable.

The Food for Life Served Here standards are set by an independent Standards Task and Finish Group, formed of industry experts from each sector in which the scheme operates.

Changes to FFLSH standards always follow a public consultation, during which it is important that we hear your views. We publicise all FFLSH standards consultations widely, including in e-newsletters and on our website.

Email catering@foodforlife.org.uk or call 01173 145 180 to sign up to our e-newsletter.



Bronze standards at a glance

- 1.0 - Caterers can **demonstrate their compliance with national guidelines on food and nutrition**
- 1.1 - All suppliers have been verified to ensure they apply appropriate **food safety standards**
- 1.2 - At least 75% of dishes are **cooked from scratch**
- 1.3 - Prioritise serving **more vegetables, pulses and vegetarian meals**
- 1.4 - All meat s from farms which satisfy UK **animal welfare standards**
- 1.5 - **Fish must be rated 1-4** by the Marine Conservation Society
- 1.6 - Eggs are from **free-range birds**
- 1.7 - **No undesirable additives, artificial sweeteners or artificial trans fats** are used
- 1.8 - **No genetically modified ingredients** are used
- 1.9 - Menus are **seasonal and in-season produce is highlighted**
- 1.10 - Information is on display to explain **where your food comes from**
- 1.11 - **Food waste reduction strategies** are in place
- 1.12 - Catering staff are supported **with skills training in fresh food preparation for Food for Life Served Here**

Food for Life Served Here Bronze Standards		
Standard	Guidance	Why?
1.0 Caterers in state and grant-maintained schools, early years settings, hospitals and care homes can demonstrate their compliance with national standards or guidelines on food and nutrition	<p>Caterers can refer to the online portal for the specific regulations and guidance they must comply with. These are also detailed in this handbook:</p> <ul style="list-style-type: none"> - Annex 1.1 for state and grant-maintained schools - Annex 1.2 for hospitals - Annex 1.3 for early years settings - Annex 1.4 for residential care homes 	<p>Food and nutrition standards help to ensure that your diners receive the nutrition they need to be nourished and healthy.</p>

<p>1.1 All suppliers have been verified to ensure they apply appropriate food safety standards</p> <p>You must detail how each of your suppliers has been verified for compliance with food safety standards.</p> <p>You must ensure that all your suppliers have an effective, documented food safety system in place, based on Hazard Analysis and Critical Control Points (HACCP) principles. They must have been visited by a properly qualified individual to ensure appropriate food safety standards are adhered to on their premises.</p> <p>Note – this is preferably assured by suppliers adopting the appropriate industry quality assurance standard (for example, the Safe and Local Supplier Approval scheme (SALSA), the British Retail Consortium Global Standard (BRCGS). We will also accept other forms of evidence and verification, such as registration with the local Environmental Health unit.</p>	<p>You must detail the arrangements you have in place to ensure that your suppliers are verified for compliance with food safety standards. Your arrangements could be similar (yet are not limited to) these examples:</p> <ul style="list-style-type: none"> - Request all suppliers to be certified either to the Safe and Local Supplier Approval Scheme (SALSA) or the British Retail Consortium Global Standard (BRCGS) and maintain a record of this information - Request and review your suppliers' food safety systems and details of their registration (including visits, where applicable (by their Local Authority's Environmental Health Officer. 	<p>Food safety is paramount. As a catering business you have an important role in verifying this by ensuring that all your suppliers have an effective food safety system, based on HACCP principles, in place.</p>
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<p>1.2 At least 75% of dishes on the menu are cooked from scratch, either on site or at a local hub kitchen.</p> <p>Scratch cooking refers to the preparation of meals based on fresh, whole and minimally processed ingredients instead of pre-prepared or ultra-processed options.</p> <p>A 'dish' is a main meal or light bite option or a dessert.</p> <p>Food cooked from scratch at a nearby catering facility or local hub kitchen is also acceptable where suitable on-site kitchens are not available. Local hub kitchens must be situated within the local authority area or 20 miles of where food is served. Except for schools and patient meals in hospitals, food can only be transported hot or chilled, not frozen.</p> <p>Caterers must be able to demonstrate that 'fresh-cook' is their preferred method wherever possible.</p>	<ul style="list-style-type: none"> Assess your menu by calculating the number of dishes that are cooked from scratch as a percentage of the total number of dishes on your menu, this should be 75% or more. Caterers can complete the 'Cook from Scratch Menu checker' available on their online portal to comply with this standard. Caterers must be able to demonstrate that cooking from scratch is their preferred method wherever possible. Use fresh and unprocessed ingredients wherever possible. <ul style="list-style-type: none"> Unprocessed ingredients are raw, basic and natural foodstuffs such as fresh or frozen fruit and vegetables, fresh or frozen meat or fish, flours, rice and pulses. Some foods which have been subject to primary processing or are minimally processed, including milk, good quality cheese, pasta and bread (defined by Sustain) or are listed as a 'permitted convenience products' (see the Cooking from Scratch product table at Annex 2) 	<p>Food for Life Served Here believes that the needs of diners can best be met by cooking most dishes from scratch, in on-site kitchens.</p> <p>We champion skilled catering teams that cook from scratch and maximise the use of unprocessed ingredients. Preparing a dish from scratch allows caterers more control on what goes into it.</p> <p>It is a long-term aspiration of Food for Life Served Here to minimise the inclusion of highly processed foods on menus. We encourage all caterers to be innovative and creative with menus, avoiding highly processed foods wherever possible.</p>
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	<p>may also be used in dishes that are cooked from scratch.</p> <ul style="list-style-type: none"> - Highly processed products (see the Cooking from Scratch product table at Annex 2) cannot be used in dishes that are cooked from scratch. - Processed meat and meat-alternative products (sausages, burgers and meatballs) are currently categorised as permitted convenience products, but caterers should aim to minimise their inclusion on menus. <ul style="list-style-type: none"> • All dishes on the menu, even if they are not cooked from scratch, must be made with ingredients which comply with the requirements of the relevant bronze standards (e.g. free from genetically modified ingredients, undesirable additives, and any meat, fish or eggs that are used must be compliant with standards 1.4, 1.5 and 1.6 respectively). <p>Breakfast menus</p> <ul style="list-style-type: none"> • We recognise that it can be difficult for breakfast menus to meet this standard so they can be excluded if required (although breakfast menus must comply with all other applicable bronze standards). 	
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	<p>Bought-in sauces and milk powder</p> <ul style="list-style-type: none"> Bought-in sauces or those made using milk powder may be served as accompaniments to cooked from scratch dishes because accompaniments aren't part of the cook from scratch calculation. For example, apple crumble that is cooked from scratch, offered with custard containing milk powder, can count towards your cooked from scratch percentage because it is an optional accompaniment. However, a pasta dish made with a bought-in sauce does not count as cooked from scratch because the bought-in sauce is an integral part of the dish. <p>Dried milk powder - exemptions Caterers serving meals to patients in hospital or care home residents may be permitted to use dried milk powder in dishes where an individual's specific medical needs require it, for instance where additional calories or calcium is required. Please request permission from your Certification Officer.</p> <p>Sandwiches</p> <ul style="list-style-type: none"> Cold sandwiches can also be excluded from this standard, but the bread and fillings must 	
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	<p>comply with all other relevant standards (e.g. free from genetically modified ingredients, undesirable additives, and any meat, fish or eggs that are used must be compliant with standards 1.4, 1.5 and 1.6 respectively).</p> <ul style="list-style-type: none"> • Sandwiches which are served hot must be counted towards the cook from scratch percentage. • The definition of a sandwich is a grain-based outer with a filling and includes baguettes, wraps, paninis, tortillas, burritos, quesadillas etc. <p>Transported meals:</p> <ul style="list-style-type: none"> • Food cooked from scratch at a nearby catering facility or local hub kitchen is also acceptable where suitable on-site kitchens are not available. These meals may then be transported hot, chilled or frozen (see below for limitations and criteria for frozen meals). • Local hub kitchens must be situated within the local authority area¹ or 20 miles of where food is served to permit local social, economic and environmental benefit. • Vegetable and salad accompaniments to all transported meals must be prepared on-site, where meals are served. 	
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	<p>Transported frozen meals – guidance for schools and hospital patient meals only</p> <p>School meals and patient meals may be frozen provided that:</p> <ul style="list-style-type: none"> • Meals are prepared within the local authority area or no more than 20 miles from the point of service; • Frozen dishes are not stored for more than three months; <u>and</u> • Meals are accompanied by either: <ul style="list-style-type: none"> - freshly cooked vegetables - freshly prepared salad; or - fruit <p>¹</p> <ul style="list-style-type: none"> - or in England and Wales, the ‘relevant area’ for the institutions receiving the meals, as defined by the Public Services (Social Value) Act 2012. - or in Scotland, where it would deliver benefits in accordance with those set out in the Procurement Reform Act (2014). - or in Northern Ireland, where caterers will need to meet the requirements of the Social Value Act 	
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<p>1.3 Demonstrate that you are prioritising serving vegetarian or vegan meals and/or more vegetables and pulses across your menu.</p> <p>You can demonstrate this by one of the following two options:</p> <p>1.3(a) 50% of main lunchtime meals are vegetarian, vegan, or contain vegetables and pulses</p> <p>You must ensure that at least 50% of all main dishes are vegetarian, vegan or are reformulated so that at least one third of the meat content is replaced with pulses or vegetables;</p> <p>OR</p> <p>1.3(b) Meat-free days</p> <p>You must ensure that the lunch menu is meat-free on at least one day per week.</p>	<p>This standard is intended to encourage the use of vegetables and pulses in meat-based dishes, and to recognise caterers who prioritise vegetarian and vegan meals.</p> <p>Caterers can demonstrate compliance with this standard using their menus or recipes (if reformulation is required).</p> <p>You must do this through one of the following two approaches:</p> <p>1.3(a) - 50% of main lunchtime meals are vegetarian or vegan or contain vegetables and pulses;</p> <ul style="list-style-type: none"> Caterers can meet this standard by ensuring that 50% of main lunchtime dishes: <ul style="list-style-type: none"> - Are vegetarian or vegan. Cheese-based dishes must contain vegetables and pulses (see below), <p>And/or;</p> <ul style="list-style-type: none"> - Are reformulated to replace at least one third of the meat or fish specified in the recipe with vegetables or pulses; 	<p>Eating too much meat and dairy – particularly from animals that have been intensively farmed – is having a significant impact on the climate, biodiversity and human health.</p> <p>The NHS recommends that a healthy balanced diet should include plenty of vegetables and fruit, wholegrains, nuts and seeds, and pulses and lentils. Meat, dairy products and fish are an important source of protein, but we need to rethink how we produce these foods and how much of them we eat.</p> <p>Food for Life Served Here believes that we should be eating less but better meat and dairy. Caterers can improve the health and sustainability of their menus by reducing meat and dairy overall, and by choosing organic wherever possible.</p>
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	<ul style="list-style-type: none"> • Where traditionally meat-based recipes (e.g. meat pies, spaghetti bolognese, lasagne) have already been reformulated to contain at least one third vegetables or pulses, caterers will not be required to make any further reductions in meat content. • Potatoes are considered a starchy carbohydrate and therefore do not count towards the vegetable component of a dish. • Where cheese is an integral part of the dish, such as macaroni cheese or pizza, these dishes must include a significant proportion of vegetables or pulses (ideally making up around a third of the total ingredients). • Suggestions on how to meet this option for meat, fish or cheese-based dishes: <ul style="list-style-type: none"> - Use strong-flavoured, fleshy vegetables such as squash, mushrooms, aubergine or sweet potato to add texture and flavour. - Dishes such as spaghetti bolognese, curries or pies are particularly suitable for adding vegetables to replace some of the 	
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	<p>meat (for example, vegetables or pulses would need to make up one third of the bolognese sauce in spaghetti bolognese; one third of the filling in a chicken or beef pie; one third of the ingredients in a macaroni cheese.)</p> <p>OR</p> <p>1.3(b -) Meat-free days</p> <p>You must ensure that the lunch menu is meat-free on at least one day per week.</p> <ul style="list-style-type: none"> • Dishes containing meat or fish may not be served on a meat-free menu. • Where cheese is an integral part of the dish, such as macaroni cheese or pizza, these dishes must include a significant proportion of vegetables or pulses (ideally making up around a third of the total ingredients). <p>General principles</p> <ul style="list-style-type: none"> • This standard applies to lunchtime main meals, including jacket potatoes, main course salads and hot sandwiches (e.g. 	
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	panini, toasties). It does not apply to cold sandwiches or salad bars.	
<p>1.4 All meat is from farms which satisfy UK animal welfare standards</p> <p>All meat and meat within products on the menu must be accredited by one of the welfare schemes listed in the guidance.</p>	<p>All meat and meat products must be accredited by one of the following welfare schemes:</p> <ul style="list-style-type: none"> - Assured Food Standards (Red Tractor Assurance) - Bord Bia Quality Mark (for caterers in Northern Ireland and for red meat only) - British Deer Farms & Parks Association Farm Quality Assurance schemes - Farm Assured Welsh Livestock (FAWL) - Northern Ireland Beef & Lamb Farm Quality Assurance Scheme (NIBL FQAS) - Organic - RSPCA Assured - Quality Meat Scotland (QMS) • This standard applies to all meat products e.g. pizza toppings, pasta sauce, pie and sandwich fillings, cooked and cured meats, 	<p>Caterers using Farm Assured meat can claim with confidence that UK minimum standards on animal welfare are being met and that meat can be traced back to the farm. Without third party inspection, animal welfare standards have proven to be open to misinterpretation and occasional abuse. UK welfare standards prevent certain adverse practices in livestock farming still legal elsewhere, including sow stalls and higher stocking densities for indoor housed poultry.</p>

	<p>sausage rolls and pasties. This includes all meat products served on theme days, on seasonal menus (e.g. Christmas dinner) and in any packed lunches which you may provide.</p> <ul style="list-style-type: none"> • Make a list of all the meat and meat products used in your Food for Life menus. Caterers can complete a template available on their online Portal to comply with this standard. • Make sure your suppliers can provide these products with assurance from one of the welfare schemes listed. • Where necessary, choose new suppliers that can supply compliant meat products and provide supporting information. Visit our website to find members of the Food for Life Supplier Scheme. • Ask your suppliers to guarantee in writing or complete a declaration to confirm that all the meat and meat products they supply for your Food for Life Served Here menus comply with this standard. Caterers can access a supplier declaration template from their online Portal. 	
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	<ul style="list-style-type: none"> • It is best practice to request that suppliers' declarations are renewed annually, and current welfare certificates are held on file. • Make sure that it is possible to establish the welfare status of meat products from information on delivery notes and/or invoices (such as product codes linking with catalogues or by product description e.g. 'FA' for farm assured etc). Ideally the on-pack labels should carry the same product code/information. • Ensure that the kitchen purchasing procedure only allows compliant meat and meat products to be ordered for Food for Life menus. This includes when ordering products for special occasions, e.g. theme days or seasonal menus. • Periodically check suppliers' declarations/agreements/certificates and meat product specifications for all meat products to ensure that they are current/in date and clearly link to the product used on your Food for Life menus. 	
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	<ul style="list-style-type: none"> Any free range, outdoor reared or outdoor bred meat must also carry farm assurance certification under one of the welfare schemes detailed above. Think about how robust your system for maintaining this standard is. For example, does the system ensure that if someone unfamiliar with FFLSH standards places the orders, they can't order non-compliant ingredients for the Food for Life menu? Are purchases regularly audited for compliance? Do you accept ordering off-list special offers from suppliers and, if so, how do you ensure that these are limited to compliant products only? It is a legal requirement for caterers or suppliers who wish to claim they are using Red Tractor meat, or use the Red Tractor logo, to hold a Red Tractor licence. Caterers who want to guarantee full traceability of meat products should opt for full supply chain assurance. Scotch beef and lamb PGI is recognised as meeting this standard. This is not a farm 	
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	<p>assurance scheme but is underpinned by one of the recognised schemes listed in standard 1.4. PGI stands for Protected Geographical Indication, an EU scheme which protects and promotes high quality traditional and regional food products unique to a geographic area.</p>	
	<p>Exemptions for black pudding and charcuterie</p> <p>These exemptions are applicable <u>only</u> to:</p> <ul style="list-style-type: none"> - Hospitals (staff and visitor catering only) - Residential care homes (black pudding only) - Workplaces, cafes and events - Further and higher education <p>Black pudding Black pudding is excluded from the requirements of standard 1.4 due to the nature of its production and the low availability of farm assured product. If you wish to serve non-farm assured black pudding you must communicate this to diners at point of service.</p> <p>Charcuterie In cafes, restaurants, workplaces, universities and events catering, charcuterie products may be</p>	<p>The exemption for black pudding and charcuterie products recognizes the lack of compliant products available in suitable volumes and supply chains for the catering industry. We are continuously reviewing the supply of suitable products and will revise or remove this exemption when sufficient supplies become available.</p> <p>Caterers who serve black pudding or charcuterie products under this exemption must proactively inform diners at point of service if any charcuterie or black pudding is not farm assured.</p>

	<p>exempt from this requirement where they constitute a small part of the menu. Before you use non-farm assured charcuterie, you must check whether you can source compliant product. If non-farm assured charcuterie products are on the menu, this must be communicated to diners at point of service.</p>	
<p>1.5 No fish are served that are rated 5 by the Marine Conservation Society (MCS) Good Fish Guide</p> <p>You must not serve any fish that are rated 5 by the Marine Conservation Society's Good Fish Guide. You must refer to the guide when ordering fish.</p> <p>Note – this guide is updated regularly according to the latest research.</p>	<ul style="list-style-type: none"> • In order to obtain a rating from the MCS Good Fish Guide you will need the following information: <ul style="list-style-type: none"> - Species - Catch location (FAO area) - Catch method • It is a legal requirement that raw, unprocessed fish and seafood must be labelled with this information, and it should therefore be easily obtained. • Processed fish (e.g. breaded fish products and canned fish) may not be labelled with this information. In these circumstances, ask your suppliers to guarantee in writing or complete a declaration to confirm that all of the fish and fish products that they supply you for your Food for Life Served 	<p>More than a third of global fish stocks are overexploited, with severe consequences for biodiversity and the health and livelihoods of people around the world.</p> <p>To be certain that the fish you are using has been caught from sustainably managed fish stock, you can buy fish certified sustainable by the Marine Stewardship Council which is now available from most suppliers. You can improve the sustainability of the fish on your menus by sourcing fish with as high a rating as possible by MCS, with fish rated 1 considered the best choice.</p> <p>We are committed to improving the sustainability of fish served on Food for Life Served Here menus, and we will continue to look for opportunities to make it easier for caterers to source sustainable fish.</p>

	<p>Here menus comply with this standard. Caterers can access a supplier declaration template from their online portal.</p> <ul style="list-style-type: none"> • Fish from the MCS 'Best choice' list (i.e. rated 1-2 in the Good Fish Guide), fish certified by the Marine Stewardship Council (MSC) or organically certified fish all comply with this standard. Your spend on these items can also earn points towards silver and gold. • Check which fish are most sustainable when planning new menus. • Ensure that the kitchen purchasing procedure only allows compliant fish and fish products to be ordered for FFLSH menus. • Periodically check through invoices, specifications and certificates to ensure that they are in date and clearly link to the products used on your Food for Life menus. 	
1.6 Eggs are from free range birds	This standard applies to:	

<p>You may only use eggs from free range birds, including liquid egg</p>	<ul style="list-style-type: none"> - Whole, fresh eggs - Liquid egg - Bought-in products for which egg is the main ingredient (such as omelettes, egg sandwiches, Scotch eggs, quiche, Gala pie) <ul style="list-style-type: none"> • This standard applies to eggs of any species, including chicken, duck and goose. • This standard does not apply to bought-in products where egg is one of multiple ingredients, such as mayonnaise, meringue, cakes and biscuits. • Organic eggs are from birds kept to the highest welfare standards and count as free range and can score points as silver and gold award. <p>Verification</p> <ul style="list-style-type: none"> • Hold a contract with suppliers or ask suppliers to complete a declaration confirming they will only supply free range eggs. Caterers can access a supplier declaration template from their online portal. 	<p>Conventional battery systems for laying birds were banned in 2012. However, ‘enriched’ cages are still permitted and are widely used in egg production. These cages do not allow birds to express their natural behaviour and fall far short of acceptable animal welfare standards.</p> <p>Free range birds have access to the outdoors and are not confined in cages. This allows them to benefit from daylight and carry out natural behaviours such as walking, wing flapping, dust bathing, perching and nesting.</p>
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	<ul style="list-style-type: none"> • Ensure invoice information can indicate the welfare status of eggs and liquid egg (such as product codes linking with catalogues or by product description). • Develop a purchase list for catering staff to use when placing orders for FFLSH menus. Ensure that only free range egg products are listed and delist eggs that do not meet this standard. • Train catering staff to recognise egg labelling guidelines. • Periodically check invoices, specifications and certificates to ensure that they are in date and clearly link to the products used on your Food for Life menus. • If you obtain eggs from your own flock, please provide evidence that it is registered with the Animal and Plant Health Agency (APHA). Your APHA inspector will verify its free range status. • Farm assurance or the British Lion Mark do not guarantee that eggs are from free range birds. 	
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	<ul style="list-style-type: none"> Where eggs carry the British Lion Mark, free range status can be checked by using the code on each egg. 	
<p>1.7 No undesirable additives, artificial sweeteners or artificial trans fats</p> <p>You must not use any products or ingredients which contain artificial trans fats or the following additives:</p> <p>Colourings E102 Tartrazine E104 Quinoline yellow E107 Yellow 2G E110 Sunset yellow E120 Cochineal, carminic acid, carmines E122 Carmoisine E123 Amaranth E124 Ponceau 4R E129 Allura red E131 Patent blue V E132 Indigo carmine E133 Brilliant blue FCF E151 Black PN</p>	<ul style="list-style-type: none"> This standard applies to all items on your menu, including on theme days, seasonal menus (e.g. Christmas dinner) and any packed lunches which you provide. Check your ingredients in stock and review your purchase lists for these additives and for trans fats (also check for partially hydrogenated fats which contain trans fats) to ensure that only compliant products are used on your FFLSH menu. Check labels or specifications of new products before adding to purchase lists. Ask your suppliers to supply products that are free from these additives and trans fats. Caterers can access a supplier declaration template from their online Portal. 	<p>There have been many different studies concerning the safety of these additives with mixed findings. Until their safety for human health and wellbeing has been scientifically proven, they are not permitted for use in Food for Life menus.</p> <p>Research conducted by the Food Standards Agency found that consuming certain artificial colours could cause increased hyperactivity in some children.</p> <p>Artificial trans fats or trans fatty acids (TFAs) are chemically altered vegetable oils, used to give processed foods a longer shelf life. They are produced artificially by a process called hydrogenation which turns liquid oil into solid fat.</p> <p>The primary health concerns relating to trans fats are an association between increasing TFA intakes, coronary heart disease risk, and</p>

<p>E171 Titanium dioxide</p> <p>Flavourings/enhancers E621 Monosodium glutamate E635 Sodium 5 – ribonucleotide</p> <p>Preservatives E211 Sodium benzoate</p> <p>Sweeteners E420 (i) Sorbitol E420 (ii) Sorbitol syrup E421 Mannitol E950 Acesulfame K E951 Aspartame E952 Cyclamic acid and its Na and Ca salts E954 Saccharin and its Na, K, and Ca salts E955 Sucralose E957 Thaumatin E959 Neohesperidine DC E960 Steviol glycoside E961 Neotame E962 Salt of aspartame-acesulfame E964 Polyglycitol syrup E965 (i) Maltitol E965 (ii) Maltitol syrup E966 Lactitol E967 Xylitol E969 Advantame</p>	<ul style="list-style-type: none"> • Have a contract in place with your suppliers or ask them to complete a Supplier Declaration confirming they will not supply products containing these additives or trans fats. • Develop a purchase list for catering staff placing orders to use for FFLSH menus. Ensure that only compliant products are listed and delist products that do not meet this standard. • Train all staff to recognise these ingredients. • Purchase organic produce where possible – these undesirable additives are not permitted in organic products. • Periodically check back through invoices, specifications and certificates to ensure that they are in date and clearly link to the product used on your Food for Life menus. • Some of the products which can contain these additives are soy sauce, gravy granules, bouillons and food colourings. 	<p>raised ‘bad’ cholesterol levels. The National Institute for Health and Clinical Excellence (NICE) guidelines call for trans fats to be eliminated from food in England.</p> <p>Artificial sweeteners are of concern because they can negatively impact gut health, potentially contribute to weight gain and poor blood sugar control, as well as maintaining a preference for sweet taste.</p>
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<p>Trans fats Partially hydrogenated fats</p>	<ul style="list-style-type: none"> • Foods labelled as having ‘reduced sugar’ or ‘no added sugar’ are likely to contain artificial sweeteners. This includes yoghurts, jellies, ice cream and other desserts, as well as savoury products such as ketchup and baked beans. • Watch out for and avoid products containing carmine, carminic acid and natural carmine which are different names for the prohibited additive E120 cochineal. • Artificial trans fats can be found in partially hydrogenated vegetable oils used for frying and baking and in some processed foods, margarines, cakes and biscuits and ready-made mixes for cakes (if you use these products, you must ensure you comply with the requirements of the ‘cook from scratch’ standard and only use unprocessed or minimally processed ingredients and/or ‘permitted convenience’ products (see the Cooking from Scratch product table at Annex 2). • Low levels of trans fats occur naturally in some animal products such as meat and 	
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	<p>dairy produce. This standard applies only to artificial trans fats as explained above.</p> <ul style="list-style-type: none"> Suppliers who are members of the Food for Life Supplier Scheme (FFLSS) should be able to tell you which of their products are free from all these additives, sweeteners and artificial trans fats. Artificial sweeteners – exemptions Caterers serving meals to patients in hospital or care home residents may be permitted to serve products containing artificial sweeteners when required by a specific medical condition (e.g. diabetes). Please request permission from your Certification Officer. 	
<p>1.8 No genetically modified (GM) ingredients</p> <p>You must ensure that none of the products you use are genetically modified or contain genetically modified ingredients.</p>	<ul style="list-style-type: none"> Genetically modified products are required to be labelled, so please check product labels. Very few are available in the UK, but a significant proportion of catering oil is genetically modified. Check current product specifications and labels of ‘risk ingredients’ such as cooking oils. Delist any products that do not comply with this standard. 	<p>Genetic modification is very different to traditional plant breeding techniques. It is a technology which allows scientists to take genes from one organism and put them into another. This changes the characteristics of the organism, or the way it grows and develops.</p> <p>The Soil Association, along with the worldwide organic movement, does not support genetic modification for a variety of reasons, including</p>

	<ul style="list-style-type: none"> • Check labels or specifications of new products before adding to purchase lists. • Communicate with your suppliers and make sure they can supply products that are free from genetically modified ingredients. • Hold a contract with suppliers or ask suppliers to complete a supplier declaration confirming they will not supply products containing genetically modified ingredients. Caterers can access a supplier declaration template from their online Portal. • Develop a purchase list for catering staff placing orders to use. Ensure that only compliant products are listed and delist products that do not meet this standard. Train all catering staff to recognise these ingredients. • Purchase organic produce where possible. GM ingredients are not permitted in organic products. 	<p>the potential risks posed to human health and the environment, and the social and economic impacts of the technology, particularly on smallholder farmers in developing countries.</p>
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	<ul style="list-style-type: none"> Periodically check invoices, specifications and certificates to ensure that they are in date and clearly link to the product used on your Food for Life menus. 	
<p>1.9 Menus are seasonal, and in-season produce is highlighted</p> <p>Your menus must make use of and highlight in-season fruit and vegetables. Alternatively, menus can use a broad term like ‘seasonal vegetables’ or state clearly that fruit and vegetables are subject to seasonal variation.</p> <p>Note – seasonal produce is fresh produce that can be produced outdoors in the UK at that time of year.</p>	<ul style="list-style-type: none"> Communicate with your suppliers and make sure they can supply UK seasonal produce. Using fresh, seasonal fruit and vegetables can save on costs. A number of good seasonality charts and examples of menu wording are available. Ask your suppliers, have a look online or contact us for further details. Caterers can adapt the ‘Where our food comes from’ poster template from their online Portal. Train all staff to use seasonality charts when ordering and menu planning. Develop a purchase procedure for catering staff placing orders to use and focus on seasonal items. Menus need not be exclusively seasonal but must show seasonal variation and 	<p>Eating UK produce in-season is one of the best ways to reduce our carbon footprint, by cutting food miles and avoiding energy-intensive heated glasshouses. Currently, 84% of the fruit and 50% of the vegetables consumed in the UK are imported. Eating in-season also means you eat food at its best, and it is often more affordable too. If menus are seasonal it becomes far easier to source fresh produce locally (which can score you points at silver and gold).</p>

	ideally include seasonal meats and fish too.	
<p>1.10 Information is available to diners about where their food comes from (its provenance)</p> <p>Information must be on display about where food comes from. For example, the names of farms and/or local food businesses supplying locally produced ingredients could be displayed on menus, blackboards, posters, or communicated to your diners through flyers, websites or newsletters.</p>	<ul style="list-style-type: none"> Where efforts have been made to source ingredients from a local producer with high welfare and other standards, you should display that information to raise awareness of your food sourcing policy. Provide information in the kitchen and dining areas about where ingredients are produced via menus, blackboards, table talkers, posters or at the point of sale. This information can be shared with diners via email or newsletter. Display information about producers, particularly where these have high animal welfare and other standards to raise awareness of your food sourcing policy. Ask your suppliers if they can provide you with displays – or pictures of – the farms or producers you use. 	<p>Letting your diners and staff know about the origins of your food offers them more of a connection between what they are eating, where it comes from and how it was produced. It can also help them to feel proud of the food you source and the support you give local or British businesses.</p>
<p>1.11 Food waste reduction strategies are in place</p>	<ul style="list-style-type: none"> You must develop and maintain a strategy to deal with food waste from your kitchen (including plate waste) 	<p>Globally, 25-30% of food is lost or wasted, at considerable cost to the environment. If wasted food were a country, it would be the</p>

<p>Tell us how you manage your food waste and take steps to reduce it.</p>	<ul style="list-style-type: none"> • Your initial food waste strategy must include a baseline assessment of food waste (i.e. a measurement of the volume of food waste from the kitchen and from plates) • You should be aware of any relevant national regulations relating to the management of food waste • Your food waste strategy could include the following provisions: <ul style="list-style-type: none"> – Regularly reviewing plate waste and changing the amounts you serve of any frequently wasted items; – Measuring and adjusting portion sizes to ensure they are suitable for your diners; – Reviewing food storage procedures; – Considering changing how food is served, for example by offering self-serve (if possible/appropriate) and; – Reviewing how food is presented. • Caterers can access a template for a food waste minimisation plan from their online portal. 	<p>world's largest emitter of greenhouse gas emissions after China and the USA.</p> <p>Food waste is not only an environmental issue. In the UK, nearly 1 in 6 people are struggling to get enough food to eat while over 4 million tonnes of edible food is wasted across the food industry each year. Reducing food waste is therefore an urgent priority.</p> <p>Reducing plate waste reduces your ingredient spend and waste disposal costs.</p>
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	<ul style="list-style-type: none"> You will be considered as having met this standard if you have already achieved the Green Kitchen Standard or if you are actively using Cool Food Pro to monitor your food waste. 	
<p>1.12 Catering staff are supported with skills training in fresh food preparation and Food for Life Served Here</p> <p>To meet this standard you must provide:</p> <p>a) Practical training in fresh food preparation and seasonal menu planning to the heads of kitchen and other catering staff (according to need), as part of a programme of continuous professional development. This can be on-the-job training rather than course-based and if applicable specific training in meal regeneration methods to ensure food is appetising and served at the correct temperature.</p>	<ul style="list-style-type: none"> Provide staff training on FFLSH standards. Keep training records for staff detailing fresh food preparation courses and events on file. Have information on display for staff about suppliers and ingredients. Use the FFLSH on-line+ sessions to show you meet this standard. Build the FFLSH on-line training into staff induction programmes. Consider giving catering staff the opportunity to visit local farms and suppliers to see how the food they serve is produced. We can provide support with staff training, contact us for more information: catering@foodforlife.org.uk or 01173 145 180. 	<p>Many catering staff would benefit from an opportunity to refresh existing fresh food preparation skills and learn more about nutrition, seasonal menu planning and food education. Catering staff should be encouraged to take advantage of opportunities to acquire relevant qualifications in support of their continuing professional development.</p>

<p>b) To meet this standard you must also ensure that:</p> <p>i. Catering staff have been briefed about Food for Life Served Here;</p> <p>i. Staff serving food can respond to enquiries about where food comes from and which animal welfare and environmental standards it meets; and the caterer proactively communicates about Food for Life Served Here to diners through displays or other means.</p>		
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Annex 1: 1.0 Caterers in state and grant-maintained schools, early years settings, hospitals and residential care homes can demonstrate their compliance with national standards or guidelines on food and nutrition

Annex 1.1 – State and grant-maintained schools		
<p>1.0.1 All state and grant-maintained school and academy catering</p> <ul style="list-style-type: none"> • In England, you must demonstrate your compliance with: <ul style="list-style-type: none"> - Department for Education (2023) 'Standards for school food in England', available at: https://www.gov.uk/government/publications/standards-for-school-food-in-england • In Northern Ireland, you must review menu plans against: <ul style="list-style-type: none"> - Department for Education (2011) 'Nutritional standards for school lunches – a guide for implementation', available at: 	<p>1.0.1 State and grant-maintained schools</p> <ul style="list-style-type: none"> • Assess your menus against the national standards or guidelines relevant to children and record the results. • This standard does not apply to school caterers in Scotland. This is because you are already legally required to comply with the <i>Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2002</i> and compliance is regularly monitored by Health and Nutrition Inspectors at Education Scotland. 	<p>In schools, food and nutrition standards help to ensure that young children have the best chance of getting all the nutrients they need to grow well, be active and stay healthy.</p>

<p>Nutritional standards guidance Department of Education</p> <ul style="list-style-type: none"> In Wales, you must review menu plans against: <ul style="list-style-type: none"> <i>The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013</i>, available at: https://www.legislation.gov.uk/wsi/2013/1984/contents/made In Scotland, you do not need to demonstrate your compliance since it is already monitored by the Scottish Government. 		
Annex 1.2 – Hospitals		
<p>1.0.1 Hospitals</p> <ul style="list-style-type: none"> In England, you must demonstrate compliance with: 	<ul style="list-style-type: none"> Assess your menus and catering services against the catering specific sections of the national standards or 	<p>In hospitals, food and nutrition standards provide a safety net, helping to ensure that people who are unwell or recovering in hospital have the best chance of getting all of the nourishment they need from the food they eat.</p>

<ul style="list-style-type: none"> - NHS England » National standards for healthcare food and drink (Version 1, 01 November 2022). • In Scotland, you must demonstrate compliance with: <ul style="list-style-type: none"> - NHS Scotland (2016) 'Food in Hospitals - National Catering and Nutrition Specification for Food and Fluid Provision in Hospitals in Scotland' (patient catering). • In Wales, you must demonstrate compliance with the relevant sections for caterers of: <ul style="list-style-type: none"> - Welsh Government (2012) 'All Wales Nutrition and Catering Standards for Food and Fluid Provision for Hospital Inpatients', available at: https://www.bapen.org.uk/pdfs/e-learning/WalesNutritionCateringStandardsHospitalInpatients.pdf (patient catering). 	<p>guidelines relevant to hospital patients, staff and visitors.</p> <ul style="list-style-type: none"> • Record results to demonstrate that you comply with the specific standards or guidance relevant to hospital patients, staff and visitors. • Have the appropriate food and/or nutrition standards available. Your Certification Officer will be looking for you to demonstrate how you know that each of your menus meets these standards. <p>Please contact us for a copy of our checklist for the GBS, British Dietetic Association and Public Health England requirements.</p>	<p>They also ensure that staff and visitors have access to food that is good for their health.</p>
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<ul style="list-style-type: none"> • In Northern Ireland, you must demonstrate compliance with the relevant sections for caterers of: <ul style="list-style-type: none"> - Department of Health (2021) 'Promoting Good Nutrition: A strategy for good nutritional care for adults in all care settings in Northern Ireland, 2011-2016', available at: https://www.health-ni.gov.uk/publications/promoting-good-nutrition-strategy-and-guidance (patient catering). - Public Health Agency, Food Standards Agency and Safe Food (2017) 'Minimum nutritional standards for catering in health and social care', available at: https://www.publichealth.hscni.net/sites/default/files/Minimum Nutritional Standards Report 2017.pdf (staff and visitor catering, including retail outlets and vending). 		
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<ul style="list-style-type: none"> The specific nutritional needs of individual patients always supersede the application of blanket principles. 		
Annex 1.3 – Early Years		
<p>1.0.1 Early years settings</p> <ul style="list-style-type: none"> In England and Wales, you must demonstrate compliance with: <ul style="list-style-type: none"> Department of Health and Social Care and Action for Children (2017) ‘Eat Better, Start Better: Voluntary food and drink guidelines for Early Years settings in England’, available at: https://www.foundationyears.org.uk/files/2017/11/Eat-Better-Start-Better1.pdf In Northern Ireland, you must review menu plans against: <ul style="list-style-type: none"> Public Health Agency (2018) ‘Nutrition Matters for the Early Years: Guidance for feeding under 	<ul style="list-style-type: none"> Have the appropriate food and/or nutrition standards available. Assess your menus against the national standards or guidelines relevant to young children and record the results. The organisations listed above have websites which offer more information and may have useful tools to help plan and assess your menus. 	<p>Food and nutrition standards help to ensure that young children have the best chance of getting all the nutrients they need to grow well, be active and stay healthy</p>

<p>fives in the childcare setting' available at: https://www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting</p> <ul style="list-style-type: none"> In Scotland, you do not need to demonstrate your compliance since it is already monitored by the Scottish Government. 		
<p>Annex 1.4 Care Homes</p>		
<p>1.0.1 Residential care homes (adults 18–65 years of age)</p> <ul style="list-style-type: none"> You must demonstrate compliance with: <ul style="list-style-type: none"> National Association of Care Catering (NACC) (2013) 'Nutritional standards for adults', available at: https://www.thenacc.co.uk/shop/ 	<ul style="list-style-type: none"> Assess your menus against the national standards or guidelines relevant to your care sector. For older people, you may use the appropriate national guidelines for food and fluid provision for older people in hospitals. Record results to demonstrate that you comply with the specific standards or guidance relevant to your care sector. 	<p>Food and nutrition standards help to ensure that more vulnerable people – such as those in residential care – have the best chance of getting all of the goodness they need from the food they eat.</p>

<p>publications/nacc-nutritional-standards-for-adults (purchase required).</p> <p>1.0.2 Residential care (older people) & community meals</p> <ul style="list-style-type: none"> You must demonstrate compliance with the following: National Association of Care Catering (NACC) 'A Recommend Standard for Meals on Wheels (Community Meals), available at: https://www.thenacc.co.uk/shop/publications/a-recommend-standard-for-meals-on-wheels-community-meals (purchase required) Caroline Walker Trust (2014) 'Eating well for older people: Practical and nutritional guidelines for food in residential and nursing homes and for community meals', available at: https://www.cwt.org.uk/wp-content/uploads/2014/07/OlderPeople.pdf 	<ul style="list-style-type: none"> Have the appropriate food and/or nutrition standards available. Your Food for Life Served Here Inspector will be looking for you to demonstrate how you know that each of your menus meets these standards. The organisations listed in standards 1.0.1 and 1.0.2 have websites which offer more information and may have useful tools to help plan and assess your menus. In Scotland, you may follow the guidelines for food and fluid provision for older people in Scotland. (see www.hfs.scot.nhs.uk/publications/1458641294-415601_Food_p4.pdf). 	
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Annex 2: Standard 1.2 - Cooking from Scratch product table

Everything listed below can be served on FFLSH menus but must observe the required % and meet all other standards		
Unprocessed or minimally processed foods	Permitted convenience products	Highly processed products
75% or more		25% or less
<ul style="list-style-type: none"> - All fruit and vegetables - (Including fresh or frozen, and tinned or canned products with no added sugar or salt) 		
<ul style="list-style-type: none"> - Raw or cooked unprocessed meats and fish (can be frozen) - 	<ul style="list-style-type: none"> - Cooked meat with more than 62% meat content (sliced, minced, or formed) 	<ul style="list-style-type: none"> - Pre-breaded or pre-battered fish and meat, and reconstituted meat products
	<ul style="list-style-type: none"> - Meat alternative products such as mince and chunks, sausages, burgers and meatballs 	<ul style="list-style-type: none"> - Pre-breaded or pre-battered meat alternative products (e.g. nuggets)
	<ul style="list-style-type: none"> - Meat products with more than 62% meat, including haggis - Meat products (sausages/burgers/meatballs) with less than 62% meat, where the remaining ingredients ONLY comprise unprocessed vegetables or pulses 	<ul style="list-style-type: none"> - Meat products with less than 62% meat (sausages/burgers/meat balls)
<ul style="list-style-type: none"> - Starchy carbohydrates (e.g. potatoes) 	<ul style="list-style-type: none"> - Frozen mash (potato only ingredient) 	<ul style="list-style-type: none"> - Preprepared potatoes using chlorine based whitening agents

	<ul style="list-style-type: none"> - Stock cubes, passata, pastes (tomato paste, curry paste, pesto), concentrated jellies or bouillon, gravy mixes 	<ul style="list-style-type: none"> - Pre-made, ready-made or bought-in sauces (and mixes (including cake mix)).
<ul style="list-style-type: none"> - Wholegrains 		
<ul style="list-style-type: none"> - Pasta / rice 		<ul style="list-style-type: none"> - Fresh or dried filled pasta (e.g. tortellini, ravioli), fresh or dried gnocchi.
<ul style="list-style-type: none"> - Unsweetened and unflavoured dairy products (all fresh milk, cheese, grated cheese, butter, cream, yoghurt, kefir, including low-fat varieties) 	<ul style="list-style-type: none"> - Dairy-free spreads and margarine and plain plant-based alternative milks, creams, cheeses, and yoghurts - High quality ice cream (i.e. containing only milk, eggs, sugar and natural flavouring) - Lower sugar (no more than 10g per 100g), naturally flavoured yogurts 	<ul style="list-style-type: none"> - Ice cream products - Yoghurt that is artificially flavoured and/or artificially sweetened, or which contains more than 10g sugar per 100g - Dried milk or milk powder
		<ul style="list-style-type: none"> - Processed cheese (cheese further processed to include additives, unfermented dairy ingredients, emulsifiers, extra salt or whey)
<ul style="list-style-type: none"> - Eggs, including liquid egg 	<ul style="list-style-type: none"> - Pre-boiled eggs 	<ul style="list-style-type: none"> - Powdered egg, pre-made omelettes
<ul style="list-style-type: none"> - 	<ul style="list-style-type: none"> - 	<ul style="list-style-type: none"> - Chilled or frozen vegetarian offers (quiche, nuggets etc).
<ul style="list-style-type: none"> - Real Bread (defined by Sustain) 	<ul style="list-style-type: none"> - Bread, rolls and wraps - Bread, stuffing & dumpling mixes - Breadcrumbs - Plain croissants 	<ul style="list-style-type: none"> -
<ul style="list-style-type: none"> - Beans and pulses - (Pre-cooked, canned, or dried) 	<ul style="list-style-type: none"> - Baked beans 	
	<ul style="list-style-type: none"> - Yorkshire puddings 	
	<ul style="list-style-type: none"> - Chilled or frozen pastry (all types) 	



	- Meringue nests	
	- Custard powder	
	- Jelly, when served alongside fresh fruit	
	- Mayonnaise	

Annex 3: Standard 1.2 – Cooking from Scratch decision tree

