



Angus Council Education Department



Nutritional Standards & School Lunches

Parental & Pupil Information

In June 2008 The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 were approved by the Scottish Parliament.

Why was improving the nutritional quality of school food important?

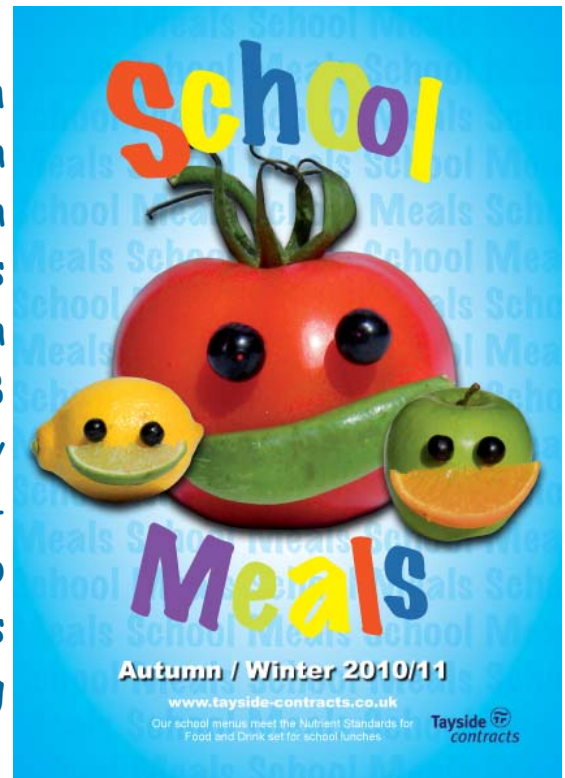
The Scottish Government wants to improve the diet of children and young people in Scotland. Research has shown that the diets of many children and young people fall short of national dietary recommendations and many are consuming inadequate amounts of fruit and vegetables and eating too many foods high in fat, saturated fat, salt and sugar. It has also been shown that eating well and drinking enough water can help improve concentration in class.



School meals in Scotland have been transformed due to the

Hungry for Success initiative. The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 builds on *Hungry for Success* and requires local authorities and managers of grant aided schools to ensure that food and drink provided in schools comply with the nutritional requirements specified by Scottish Ministers in regulations.

Recently claims by various Scottish local authorities reported a downturn in school meals uptake whereas in Angus figures show that school meals are increasing in popularity year on year. In Angus during years 2007-08 Angus pupils munched their way through 633,000 meals while in 2008-09 this was increased by 5.7% to 669,000 meals. The trend has continued with a further rise during 2009-10 of 2.1% to 683,000 meals.



What do the Regulations Cover?

The Regulations form part of the wider health promoting schools approach set out in the Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and work, as a whole, across the school day.

They cover foods and drinks that are sold or served in local authority and grant-aided schools in Scotland and are broken down into two parts:

1. Two sets of standards for **school lunches**:

- **Nutrient Standards**, which set out the proportion of

nutrients that pupils should receive from an average day's school lunch.

- **Food standards and drink standards**, which define the types of food and drinks that the pupils should be offered in a school lunch and their frequency as well as setting nutritional requirements for specific types of food and drinks which may be provided.

2. **Food standards and drink standards** for school food and drinks served **outwith** the school lunch, e.g. breakfast clubs, tuckshops, vending machines, mid-morning services, community cafes and after school clubs.

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



At a Glance - Food Standards for School Lunches

Fruit and Vegetables



A choice of at least two types of vegetables and two types of fruit (not including fruit juice) must be provided every day as part of the school lunch.

Oily Fish



Oily fish must be provided at least once every three weeks.

Variety of extra bread



Additional bread must be provided every day as a meal accompaniment, with a variety of breads, which must include brown or whole-meal, being provided over the week.

Oils and spreads



Only oils and spreads high in polyunsaturated and/or monounsaturated fats can be used in food preparation.

These foods are restricted on the lunch menus

Deep fried foods



Menus must not contain more than three deep fried items in a single week (including chips). This includes products which are deep fried in the manufacturing process.

Chips, if served, must be served as part of a meal.

Table salt and other condiments



Additional salt cannot be provided. Condiments (if provided) must be dispensed in no more than 10ml portions.

These foods are not allowed on the lunch menus



Confectionery

No confectionery can be provided.

Savoury snacks



No savoury snacks can be provided except savoury crackers, oatcakes or breadsticks.