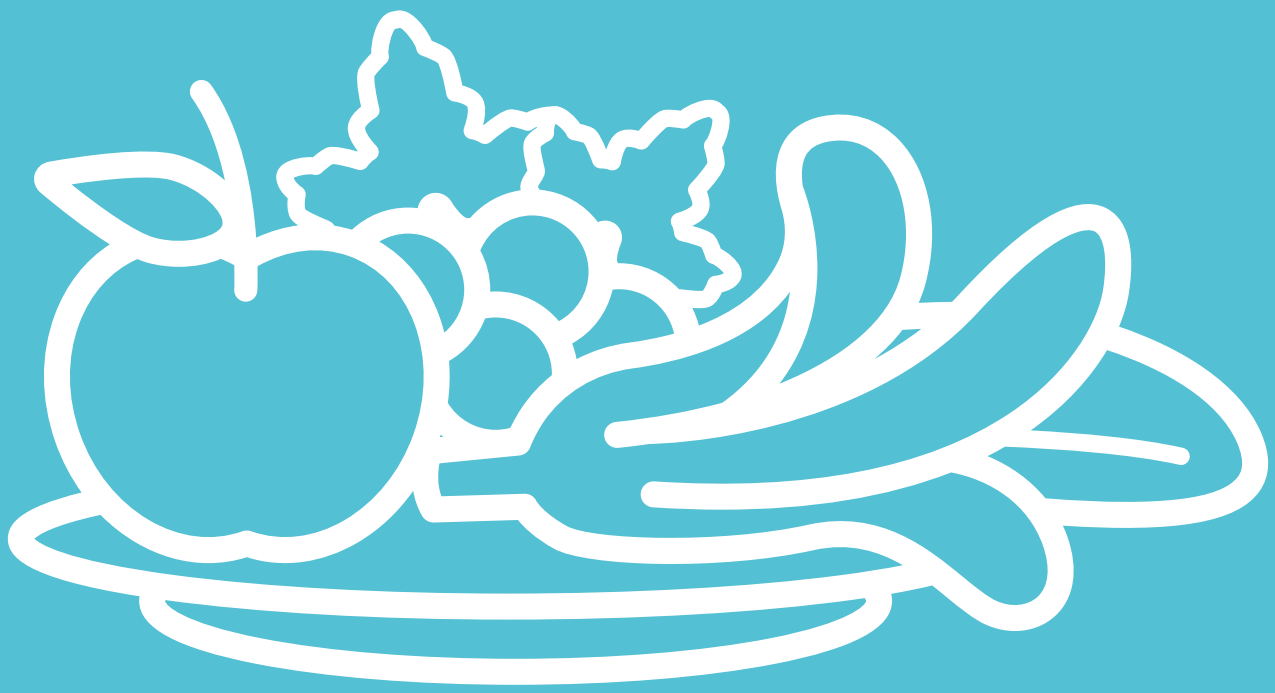
Healthy Eating in Schools

A guide to implementing the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020



Ministerial Foreword



The health and wellbeing of everyone in Scotland is of paramount importance and the promotion of healthier eating is a key factor in achieving our ambitions for a healthier Scotland. Our whole school approach to health and wellbeing ensures that our children and young people are given the right facts and information on the importance of making positive food and drink choices as they develop and grow. Of equal importance is that these messages are reinforced through the provision of balanced and nutritious food and drink as part of their school day. Not just at lunchtime but across the whole school day.

Our current Nutritional Requirements for Food and Drink in schools (Scotland) Regulations 2008 have been in place in all schools since 2009. Whilst those Regulations have been instrumental in bringing about much positive change, we want to ensure that our children and young people continue to be offered food and drink that reflects the latest scientific evidence and dietary advice on food health and nutrition. The new Nutritional Requirements for Food and Drink in schools (Scotland) Regulations 2020, which take effect on 8 April 2021, are aligned more closely to our Scottish Dietary Goals and are centred around four key themes to make school meals even healthier.

The new Regulations will increase access to fruit and vegetables, ensuring that our children and young people can access their ‘five-a-day’ at school; reduce the amount of sugar that can be accessed in school; bring provision of red and red processed meat in line with the Scottish Dietary Goals; and change the way food and drink is offered in secondary schools to better meet the needs of young people.

In July 2018, we published A healthy future: Scotland’s diet and healthy weight delivery plan which sets out our vision of a Scotland where everyone eats well, and we all have a healthy weight. Giving all our children and young people the best possible start in life and reducing diet-related health inequalities is essential to this.

Schools have a pivotal role in supporting healthier dietary choices from an early age. The food and drink options they provide and the eating and drinking habits they instil can also serve as an example for positive dietary choices for wider society.

This guidance has been written to support the commencement of the new regulations in April 2021. It aims to help all those involved in provision of food and drink across the school day to provide tasty, balanced and nutritious options which will help support the growth and development of children and young people and help them make informed food and drink choices as they grow older.

I am pleased to say that this guidance has been developed through significant engagement with a wide range of stakeholders in the public sector, as well as within the food and drink industry and catering sectors and I want to thank each of them for their contribution. I know that everyone involved in the provision of food and drink in school shares our commitment in ensuring that healthier food and drink choices will be available at all times of the school day.

We all have a part to play in shaping the choices of children and young people but government and schools cannot do it alone, we need the support of parents, industry, community and producers. My hope is that by us all working together, we can ensure our children and young people develop the skills, knowledge and experience they need to make positive dietary choices and lead long, healthy lives.



John Swinney
Deputy First Minister and Cabinet Secretary for Education and Skills

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Section 1:

Introduction



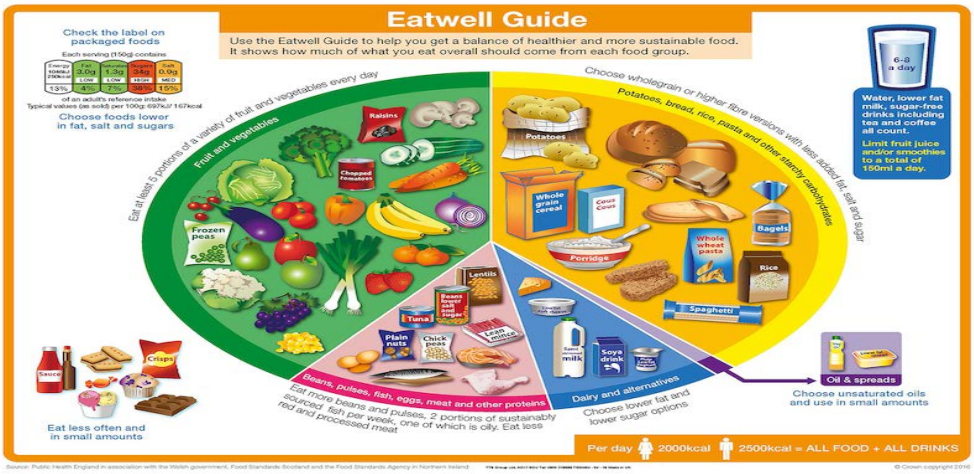
Why is improving the nutritional quality of school food important?

A good diet is essential for good health and it is important that children (defined in this guidance as primary school age) and young people (defined in this guidance as secondary school age) are provided with a solid foundation for establishing healthy life-long eating habits. Although schools alone cannot be expected to address poor eating habits, schools can make a valuable contribution to improving the nutritional quality of diets and promoting consistent messages about healthy eating within a health promoting schools environment.

The Scottish Government wants to improve the diet of children and young people in Scotland building on the solid work that is already being done in schools to encourage balanced and nutritious food and drink choices across the school day. We recognise that the diets of many children and young people in Scotland fall short of national dietary recommendations and many are consuming inadequate amounts of fruit and vegetables and eating too much saturated fat, salt and sugar[1],[2].

Children and young people need the right balance of food and nutrients to develop and grow. A good diet is about getting that balance right in order to provide enough of the important nutrients (such as vitamins, minerals and protein) and fibre without too much fat (especially saturated fat), sugar and salt.

The Eatwell guide below shows the types and proportions of foods needed to make up a well-balanced, healthy diet.



1 National Diet and Nutrition Survey Rolling programme Results from Years 1-4 (combined) for Scotland (2008/09-2011/12)
2 Scottish Health Survey 2019

Imbalances in diet can contribute to a number of serious diet-related conditions over the course of a lifetime. Improvements to the diet of children and young people can positively influence their current and future health.

Childhood obesity remains a widely recognised challenge and can affect many aspects of children and young people's lives including their physical, mental and emotional wellbeing. Obesity may continue into adulthood and lead to a number of serious health conditions including some types of cancers, diabetes, coronary heart disease and stroke.

There persists in Scotland unacceptable diet-related health inequalities. For example, children in primary 1 living in the most deprived areas are more than twice as likely to be at risk of obesity than those living in the least deprived areas, which is why nutritional quality of school food is so important[3].

A balanced and nutritious diet is also important to support dental health as frequent consumption of sugary foods can contribute to higher levels of tooth decay. Dental health among children in Scotland has been improving in recent years with 80% of children in primary 7 showing no obvious signs of dental decay in 2019 compared to 53% in 2005[4]. However, there are still notable differences between Scotland's most deprived and least deprived areas.

What is the purpose of this guidance?

All education authorities and managers of grant-aided schools are required to comply with the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020 (the Regulations)[5]. They are also under a duty within the Standards in Scotland's Schools etc. Act 2000 (the 2000 Act) to ensure that schools are health promoting[6].

This guidance is intended to help those who are involved in providing food and drinks in schools to implement the Regulations. It explains the nutritional requirements in the Regulations and provides guidance on how to comply with them. The guidance also makes recommendations on other practical aspects not covered by those Regulations and helps to support the achievement of the health promotion duty.

Food and drink provision in schools in Scotland has undergone significant transformation since the introduction of the *Hungry for Success*[7] initiative in 2003 and the introduction of statutory school food and drink standards in primary school in 2008 and secondary schools in 2009 under the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008[8] (the 2008 Regulations).

3 Body Mass Index of Primary 1 Children in Scotland, School Year 2018-19
4 National Dental Inspection Programme (NDIP) 2019: NHS National Services Scotland
5 The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 will be replaced by the Nutritional Requirements for Food and Drink in Schools (Scotland) regulations 2020 on 8 April 2021
6 A School is "health promoting" if it provides activities and an environment which promote the physical, social, mental and emotional health and wellbeing of pupils in attendance at the school Standards in Scotland School's etc. Act 2000
7 Hungry for Success, Scottish Executive: 2003
8 The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 will be replaced by the Nutritional Requirements for Food and Drink in Schools (Scotland) regulations 2020 on 8 April 2021

Since then the scientific evidence and dietary advice on which they were based has changed. To ensure that the food and drink provided across the day continues to support the health and development of our children and young people, the school food and drink standards have been updated to better align with the dietary recommendations set out in the Scottish Dietary Goals[9] therefore this guidance has been drafted to support implementation of those updated standards.

Who is responsible for ensuring the Regulations are complied with?

Education authorities and managers of grant-aided schools are ultimately responsible for ensuring that all food and drink provided in their schools comply fully with the Regulations. However, everyone involved with providing food and drink on school premises can play a part in supporting compliance by making themselves aware of the requirements set out in the Regulations.

When do the Regulations apply?

The Regulations are broken down into food and drink standards and nutrient standards.

The food and drink standards apply to all food and drink provided to children and young people at any time of the day and define the types of food and drinks that must, can or cannot be offered including but not limited to:

- lunchtime
- the secondary school hostel evening meal
- breakfast clubs
- tuckshops
- vending machines
- mid-morning services
- community cafés serving children and young people during the school day
- before/after school clubs and nurture clubs

The nutrient standards apply only to primary school lunch, secondary school analysed lunch and secondary school hostel evening meal. They set out the amount of nutrients that children and young people should receive from these meals.

9 Scottish Dietary Goals: March 2016, The Scottish Government

Who should use this guidance?

The Regulations apply to all food and drink provided to children and young people across the school day. Education authorities and managers of grant-aided schools must have regard to this guidance. This guidance should also be considered by anyone responsible for providing any kind of food and drink on education authority or grant-aided school premises and in school hostels, including:

- Head teachers and other school staff involved with food and drink in schools - for example breakfast clubs, tuckshops or after school clubs.
- Head teachers, other school staff or catering staff who are responsible for managing arrangements where food and drink is provided during the school day on school premises by private providers, for example breakfast clubs.
- Catering staff providing lunches, evening meals and other food and drink, for example mid-morning break, in primary schools, secondary schools and school hostels.
- Teachers and other school staff supporting food and drink-related social enterprises.
- Community cafés which are part of the school campus and serve children and young people during the school day.
- Anyone providing food and drink on school premises as part of a school holiday club.
- Any other person who is involved in the provision of food and drinks in schools or on school premises, including voluntary and private organisations. For example parent councils, charity organisations or private providers running breakfast clubs, after school clubs or fund raising events.

The guidance may also be of interest to:

- School staff who are developing school guidance or policies within the context of a health promoting school for example snacks or other food and drink being brought onto school premises by children or young people.
- Teachers and support staff who want to know more about the provision and promotion of healthy food and drinks in schools for example to support delivery of the health and wellbeing experiences and outcomes in Curriculum for Excellence.
- Health professionals who provide advice and support to schools in relation to health promotion, nutrition and oral health.
- Those with responsibility for provision of food and drink as part of school holiday clubs which are not run on school premises.

- Children and young people, parents/carers and parent councils who are interested in learning more about the nutritional standards for schools.
- Independent school managers, teachers and caterers.
- Other providers of residential care services for children and young people.
- Food and drink manufacturers, suppliers, producers and others involved in the provision of food and drink to schools.

How does this guidance support children and young people to make appropriate dietary choices and learn about health and wellbeing?

This guidance uses evidence-based information to complement the learning children and young people receive about Health and Wellbeing through Curriculum for Excellence[10].

In particular, the food and health experiences and outcomes within Curriculum for Excellence (CfE) aim to provide children and young people with the skills, knowledge and understanding they need to make balanced food and drink choices aligned to current dietary advice. The Regulations can complement this by illustrating what balanced and nutritious food and drink can look like over the course of a week.

CfE also emphasises that health and wellbeing is the responsibility of all staff who work in schools and should permeate all aspects of the school day.

Better Eating, Better Learning[11] - a new context for school food further supports this aim by demonstrating how joint working can drive further improvements to both food provision and food education.

Together, the Regulations, CfE and Better Eating Better Learning can help all those involved in school food provision and food education to do so in a coordinated way, providing consistent messages to our children and young people.

Self-evaluation framework

A self-evaluation framework has been developed by Education Scotland to support improvement in relation to food in schools in Scotland.

10 Curriculum for Excellence: Education Scotland
11 Better Eating, Better Learning: The Scottish Government, March 2014

Exemptions

There are circumstances in which the Regulations do not apply, however, when deciding to apply these exemptions, consideration should be given to the ethos of the health promoting school as set out in the 2000 Act.

The Regulations do not apply to:

- **Food or drink brought on to school premises by parents or children and young people.**

  Allergy policies must be followed to ensure the safety of all children, young people and staff in the school.

  It is also important to remember that the 2000 Act requires schools to be health promoting so this guidance may help when setting policies addressing food and drink brought into schools for example birthday cakes, packed lunches or food bought by a child or young person from a shop. This is particularly important where food from outside vendors does not reflect the ethos of a health promoting school.

- **Food and drink provided in schools for people who are not children or young people e.g. staff.**

  The health promoting schools duty under the 2000 Act should be considered here in relation to consistent messaging and role modelling demonstrated by teachers and other school staff. For example items such as confectionery, intended for staff members but on display in areas accessible to children and young people.

  If food and drink is provided for more than one reason (for example a school canteen which doubles as a community café), the food and drink provided to children and young people must still meet the nutritional requirements set by the Regulations.

- **Food and drink used in teaching food preparation and cookery skills, provided that any food so prepared is not served to children and young people as part of a school meal.**

  Food and drink chosen for such activities should reflect, as far as possible, the health promoting schools duty.

- **Food and drink provided as part of a medically prescribed diet for any child or young person.**

- **Food and drink provided in nurseries and early years centres.**

  Separate guidance, Setting the Table, is available for the early years sector. That guidance is aimed at all early education and childcare settings which provide food for children between 0 and 5 years.

- **Food or drink provided as part of a social, cultural or recreational activity.**

  For example school discos, sports days or cultural events such as school-organised Burns suppers or Christmas lunches.

Advice on applying the social, cultural or recreational events exemption

Social, cultural or recreational events should reflect the whole school health promoting ethos by encouraging and promoting healthier food and drink choices.

Creating policies together with partners will provide clarity on expectations in relation to the Regulations and any exemptions.

Throughout a school year there may be many events and activities which would be exempt and could potentially significantly increase the amount of sugar, fat and salt consumed by children and young people. Good practice would be for all those planning such events and activities involving food and drink to take coordinated approach to managing their frequency across the school year to deliver a balanced approach.

For example:

- Develop a calendar to plan and monitor the frequency of food-related events and activities.
- Try to offer a range of food and drinks at events to avoid reliance on high fat, sugar and/or salt items.
- Consider celebrating events using non-food items such as Fairtrade/Traidcraft toiletries or sports balls instead of Fairtrade confectionery.

Advice on allergies

All education authorities and schools should have policies in place to safely support children, young people and staff with food allergies. These polices should be carefully referred to before permitting food and drink to be brought into schools under one of the above exemptions, for example a charity bake sale or food and drink brought into school as part of a packed lunch.

Advice on celebrations and rewards

Food and drink brought into school to celebrate birthdays or similar events such as personal achievements are not covered by the Regulations but as this kind of event may occur frequently in some schools, we recommend that authorities and schools develop policies on this in line with the ethos of a health promoting schools.

Similarly, consideration should also be given to rewards for achievements in class or wider school recognition so that items chosen do not contradict the ethos of a health promoting school for example sweets given as a reward for a class project would not be appropriate.

Non prescribed dietary choices

Dietary choices that are not prescribed by a medical professional are not exempt under the Regulations. Where children and young people or their parents/carers request meals that take account of a particular dietary choice, local authorities should make reasonable adjustments to accommodate that request but continue to comply with the nutrient standard in the Regulations. Further advice can be found in Section 5 under ‘reasonable adjustments’.

Section 2:

Key changes since the 2008 Regulations



What are the key differences between the food and drink standards in the 2008 Regulations and those in the 2020 Regulations?

1. Different criteria for some of the food and drink standards for primary and secondary settings

In 2008 the criteria for all food and drink standards applied equally to both primary and secondary settings. In the 2020 Regulations some of the food and drink standards now have different criteria for primary and secondary settings. Young people have more flexibility than children to choose when they access their food and drink across the school day and what products they choose at those times. By tailoring the criteria to account for this, the nutritional needs of young people can better be met.

2. Fibre

All bread, bread rolls and breakfast cereals now need to meet a new minimum requirement of 3g AOAC fibre per 100g. A minimum fibre content will help contribute towards meeting the nutrient standard for fibre. AOAC fibre is now the standard methodology used in product analysis and food labelling for calculating fibre.

3. Fruit and Vegetables

In the 2008 Regulations provision focused on 'types' of fruit and vegetables to encourage children to try a wide variety. Provision will now focus on 'full portions' in order to increase the amount of fruit and vegetables children and young people are encouraged to eat across the school day.

4. Red and red processed meat

This is a new standard which sets a maximum level for provision of red and red processed meat across the school week in order to align with current dietary advice. The definition of red and red processed meat can be found in Annex A and is referred to as 'specified red and red processed meat' in the 2020 Regulations.

5. Sugar

A new definition for sugar has been introduced. The 2008 Regulations were based on the definition of non-milk extrinsic sugar and total sugar. The way sugar is defined has now changed and is known as free sugar and total sugar. The definition of free sugar and total sugar can be found in Annex A. For further information on calculating sugars refer to the Nutritional Analysis Manual available on the Education Scotland website.

In order to significantly reduce the amount of free sugar provided across the school day, the following changes have been introduced:

- Sweetened baked goods and desserts, fromage frais, yoghurt and other milk-based desserts, and breakfast cereal will now need to meet the criteria set for these new standards.

- Fruit juice, smoothies and combination fruit and vegetable drinks can no longer be provided. Although these products can count as one of our five a day they also contain a significant amount of free sugar. Removing them from a school setting means that the maximum recommended sugar intake can be applied across as wide a range of foods and drinks as possible to ensure greater choice for children and young people.

- Lower fat (for example semi-skimmed and skimmed) milk drinks (such as hot chocolate, flavoured milk and drinking yoghurts) will no longer be allowed to contain added sugar.

  Please refer to Annex C for advice on the use of sweeteners in schools.

6. Pastry products

A new standard has been introduced to limit how often pastry products can be provided across the school week. These products tend to be high in fat and should therefore not be consumed regularly.

7. Sugar-free soft drinks in secondary schools only

Sugar-free soft drinks can now be provided if education authorities choose to include them as part of the school day. While regular consumption of these drinks should be discouraged due to habit setting, we recognise that secondary schools can play a key role in shaping the choices young people make about how to include these items as part of a balanced diet during the school day and beyond. Education authorities will be able to decide how frequently they should be offered, if at all, in line with whole school food and drink policies to ensure that consistent messaging is given to young people.

8. Secondary school analysed lunches

While secondary school provision has moved towards an enhanced set of food and drink standards, it is important that young people can continue to access a school lunch that meets the requirements set out in the nutrient standards if they chose to. To achieve this the secondary school analysed lunch has been introduced.

9. Nutrient Standards

The nutrients standards which apply to primary school lunches, secondary school analysed school lunches and secondary school hostel evening meals have been updated in line with scientific evidence and dietary advice.

10. Energy

In addition to a weekly energy tolerance, a new daily energy tolerance has been introduced. This will reduce the variation and extremes in energy content on different days throughout the week.

Section 3:

Food and Drink standards for primary schools



Table 1: At a glance - food and drink standards for primary school lunches

1. Fruit and vegetables	At least two portions of vegetables and one portion of fruit must be offered every day.	*Page 22*
2. Oily fish	Oily fish must be provided at least once every three weeks.	*Page 27*
3. Red and red processed meat	No more than a total of 175g of red and red processed meat (cooked weight) can be provided in school lunches over the course of the school week, of which no more than 100g (cooked weight) can be red processed meat.	*Page 29*
4. Sweetened baked products or desserts	Sweetened baked products or desserts can be served no more than three times per week and only where they meet the specified criteria.	*Page 31*
5. Breakfast cereals	Only breakfast cereals meeting specified criteria can be provided.	*Page 33*
6. Deep fried and fried foods	Food that has been deep fried in the cooking or manufacturing process shall not be permitted more than three times in a week. Chips must only be served as part of a meal.	*Page 34*
7. Savoury snacks	Only plain savoury crackers, plain oatcakes and plain breadsticks can be provided.	*Page 35*
8. Bread	All bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.	*Page 37*
9. Sweetened yoghurts, fromage frais and other milk-based desserts	Only Sweetened yoghurts, fromage frais and other milk-based desserts meeting specified criteria can be provided.	*Page 39*

10. Pastry and pastry products	Pastry and pastry products must not be provided more than twice per week including school lunch and at other times of the school day.	*Page 40*
11. Oils and spreads	Only oils and spreads high in polyunsaturated and/or monounsaturated fats can be used.	*Page 41*
12. Table salt and other condiments	Additional salt cannot be provided. Condiments (if provided) must be dispensed in no more than 10ml portions.	*Page 43*
13. Confectionery	No confectionery can be provided at any time of the day either as a separate product such as a chocolate bar or as an ingredient in products under any other standard such as sweetened baked goods or pastry items.	*Page 44*
14. Drinks	Only the following drinks can be provided at any time of the primary school day: Plain still or sparkling water Plain lower fat milk Plain, lower fat, calcium enriched milk alternatives No added sugar, lower fat milk drinks No added sugar, lower fat drinking yoghurts	*Page 46*

Table 2. At a glance - food and drink standards that apply to provision at all other times of the primary school day. For example breakfast clubs, vending machines, mid-morning break, tuckshops and after school clubs

1. Fruit and vegetables	Portions of fruit and/or vegetable must be made available in any place within the premises where food is provided.	*Page 22*
2. Oily fish	No standard applies.	*Page 27*
3. Red and red processed meat	No red or red processed meat can be provided.	*Page 29*
4. Sweetened baked products or desserts	Only sweetened baked products or desserts that meet the specified criteria can be provided.	*Page 31*
5. Breakfast cereals	Only breakfast cereals meeting specified criteria can be provided.	*Page 33*
6. Deep fried and fried foods	No fried food can be provided except for savoury snacks detailed below.	*Page 34*
7. Savoury snacks	Plain savoury crackers, plain oatcakes and plain breadsticks can be provided. Other pre-packaged savoury snacks meeting specified criteria can be provided.	*Page 35*
8. Bread	All bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.	*Page 37*

9. Sweetened yoghurts, fromage frais and other milk-based desserts	Only Sweetened yoghurts, fromage frais and other milk-based desserts meeting specified criteria can be provided.	*Page 39*
10. Pastry and pastry products	Pastry and pastry products must not be provided more than twice per week across the school day, including school lunch and at other times of the school day.	*Page 40*
11. Oils and spreads	Only oils and spreads meeting specified criteria can be used.	*Page 41*
12. Table salt and other condiments	Additional salt cannot be provided. Condiments (if provided) must be dispensed in no more than 10ml portions.	*Page 43*
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Fruit and Vegetables

Standard 1

Primary school lunchtime	**At least two portions of vegetables and one portion of fruit must be offered every day as part of a school lunch.**
Other times of the primary school day, including breakfast clubs; mid-morning break; tuckshops; nurture groups and after-school clubs	**Portions of fruit and/or vegetable must be made available in any place within the premises where food is provided.**

Why is this standard important?

It is desirable to increase fruit and vegetable intake because:

- Fruit and vegetables provide a wide range of vitamins, minerals, fibre and other naturally occurring beneficial components. Current recommendations are to eat at least five portions of a variety of fruit and vegetables each day as part of a healthy balanced diet.
- Very few children in Scotland eat the recommended amount of five or more portions of fruit and vegetables a day[12].
- Low consumption of fruit and vegetables remains one of the most concerning features of the Scottish diet. Low fruit and vegetable consumption is linked to poor health and increased risk of certain diseases including heart disease and some cancers. Increased consumption of fruits and vegetables as part of the daily diet may reduce the risk of these diseases.

12 Scottish Health Survey Report 2019

What is a portion of vegetables?

A portion of all fresh, frozen and canned vegetables is 40g.

What vegetables are included?

All fresh, frozen and canned vegetables are included whether offered as a salad, cooked vegetable, or as part of a dish (e.g. soups, stews and sandwiches).

Vegetables that are added to dishes such as soups, stews, casseroles, pasta-based dishes and sandwiches can only count as a portion if the vegetables added amount to a full portion.

Pulses (e.g. beans and lentils)

Pulses, for example baked beans, kidney beans, lentils and chick peas can be classified as either a protein food or vegetable. However, they can only make up a maximum of one portion of vegetables even if several portions are available. This is because pulses don't give the same range of vitamins, minerals and other nutrients as other vegetables.

What foods are not counted as a vegetable portion?

Potatoes

Potatoes do not count as a vegetable portion because they are classified as starchy foods which are also an important part of a balanced diet.

Products canned in tomato sauce e.g. canned spaghetti

Canned spaghetti in tomato sauce and similar products cannot be counted as a vegetable portion. This is because spaghetti is a starchy food and not a vegetable, and tomato sauce does not contain the same mix of fibre and vitamins and minerals as a standard portion of vegetables.

What is a portion of fruit?

A portion is 40g of fresh, frozen and canned fruit.

A portion is 15g of dried fruit.

What fruits are included?

All types of fruit whether fresh, frozen, canned and dried are included.

Dried fruit

Dried fruit can count as one of the fruits on offer across the school day but at least one other type of fruit should be available as an alternative to this.

Dried fruit is a concentrated source of sugar and frequent exposure to sugar damages teeth so

it is preferable to provide dried fruit as part of a meal as opposed to a snack to promote good dental health practices.

What foods are not counted as a fruit portion?

Fruit juice, smoothies or combination fruit and vegetable drinks are not permitted to be provided in schools. This is because these products are high in free sugars. Free sugars are all sugars which are added to food and drinks by manufacturers, cooks or consumers, plus sugars naturally present in honey, syrups and fruit juices. Under this definition, lactose (the sugar in milk) when naturally present in milk and milk products and the sugars contained within the cellular structure of foods are excluded. When fruit or vegetables are turned into juice, the sugars come out of their cells and become free sugars; the fibre is lost and it is easy to consume too much.

Processed fruit products such as fruit bars or apple crisps cannot be counted as a portion of fruit or vegetables for the same reasons.

Include a variety of fruit and vegetables on the menu every day

Different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients. The school lunch menus should include a variety of fruit and vegetables over the school week for the children to get the most benefit. For example, peas should not be on the menu every day and, if serving salads, regularly, try to include different types of fruit and vegetables.

Practical Guidance

- Each portion can be made up of a variety of fruit and/or vegetables, for example four quarter portions of fruit as a fruit salad dessert or two half portions of vegetables as a vegetable curry main dish.
- Consideration must also be given to the oils and spreads standard for example where a salad bar offers dressings.

Guide[13] to fruits and vegetables serving portions

	Primary
Cooked vegetables	1½ heaped tablespoons
Mixed salads	½ cereal bowl
Salad vegetables • **cherry tomatoes** • **cucumber** • **celery** • **peppers**	 3½ cherry tomatoes 2½ cm chunk ½ full length sticks ¼ pepper
Pulses such as beans and lentils – cooked weight	1½ heaped tablespoons
Small-sized fruit **e.g. plums, clementines, apricots, kiwi fruit, strawberries, cherries, grapes, raspberries**	1 fruit or more 1 plum 1 clementine 1 kiwi fruit 1½ apricots 3 lychees 3½ strawberries 7 cherries 7 grapes 10 raspberries
Medium-sized fruit **e.g. apple, banana, pear, orange**	½ medium fruit Includes apple, banana, pear, orange or nectarine

13 Taken from the NHS portion guide

	Primary
Large-sized fruit **e.g. grapefruit, melon, pineapple, mango**	¼ grapefruit ½ slice of melon (5 cm slice) ½ large slice of pineapple 1 slice of mango (5 cm slice)
Currants, raisins, sultanas	½ heaped tablespoon
Dried apricots, figs and prunes	1½ whole dried apricot or prune 1 whole dried fig
Fruit salad, fruit canned in juice	1½ heaped tablespoons
Stewed fruit	1 heaped tablespoon

How to increase fruit and vegetable intakes

- Add extra vegetables and pulses to stews, casseroles or other dishes, and add fresh, canned fruit in natural juice or dried fruit into desserts and puddings.
- Soups are popular with children and are a useful way of increasing vegetable intake; vegetable-based soup should contain a minimum of one portion of vegetables per serving, and can then be counted as one portion of vegetables.
- Add fruit to pies, crumbles and other composite fruit dishes aiming to ensure that one serving contains at least one portion of fruit.
- Offer low fat dressings or dips to go with salad or crudites.
- Offer fruit and vegetables in a variety of colours and shapes.
- Offer some fruit and vegetables separately on occasion instead of always as a mix to allow children to select the fruit and vegetables they want without being put off by the items they don't enjoy.

Maximising desirable nutrients

Some vitamins and minerals can be easily lost when fruit and vegetables are prepared, cooked or stored so bear the following in mind.

- Use fresh fruit and vegetables soon after purchase as the vitamin content will decrease the longer they are stored - or use frozen fruit and vegetables.
- Cook fruit and vegetables as soon as possible after cutting. If this is not possible, cover and chill them.
- Use cooking methods which use the minimum amount of water - steaming, microwaving, or boiling in minimal water.
- Cook vegetables as close to service as possible.

Minimising less desirable nutrients in canned foods

- Use fruits canned in natural fruit juice and drain off the juice before serving.
- Use vegetables and pulses canned in plain water or natural juice and without added salt or sugar.
- To help meet the nutrient standard for salt, limit the use of pickled vegetables e.g. pickled onions and pickled beetroot as these can be high in salt.

Oily Fish

Standard 2

Primary school lunchtime	**Oily fish must be provided at least once every three weeks.**
Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs	**No requirement.**

Why is this standard important?

Oily fish is a rich source of omega 3 fatty acids which have a number of health benefits including helping maintain a healthy heart. Children in Scotland and other parts of the UK do not eat enough oily fish and need encouragement to consume more in the diet. Schools can play a significant role in promoting oily fish consumption.

What are oily fish?

Oily fish are those fish which contain certain types of beneficial fats in their flesh. The fats are called long chain omega-3 fatty acids. White fish have only very small amounts of these fats in their flesh, so do not count as oily fish and while tuna is a healthy choice, fresh or canned tuna does not count as an oily fish.

Examples of oily fish include fresh, canned or frozen salmon, mackerel, trout, herring, sardines, or pilchards.

Practical Guidance

- Offer regular small taster portions to introduce children to fish dishes they may not have tried before. Small tasters are a very good way of helping children to accept new or different foods.
- Offer a variety of dishes over time to encourage children to keep eating oily fish. Try fish in dishes that children are familiar with such as curry, pasta and pizza.
- Use oily fish as a filling for sandwiches, wraps, and baked potatoes. It can also be used to make pate or served on the salad bar.
- Try gradually increasing the proportion of oily fish over time for example mixing oily fish with white fish to make fish cakes or add salmon fishcakes to the menu.
- Ensure that all staff are aware of the benefits of eating oily fish and get them to encourage children to take these dishes.
- Get children involved by running promotions related to increasing oily fish consumption.
- If caterers are procuring manufactured fish products, it is important to make sure they are lower fat, saturated fat and salt varieties.

Red and red processed meat

Standard 3

Primary school lunchtime	**No more than 175g (cooked weight) of red and red processed meat is permitted at lunchtime over the course of the primary school week, of which no more than 100g (cooked weight) can be red processed meat.**
Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs	**No red and red processed meat can be served at any other time during the primary school day.**

Why is this standard important?

Red meat is a good source of a range of important nutrients including iron and zinc.

Inclusion of red meat in school menus can help meet the nutrient standards for school lunches.

As part of a balanced diet, it is recommended that we consume no more than 70g of red and red processed meat per day. The maximum levels for provision of red and red processed meat during the school week have been calculated using this figure.

What is included?

Red meat includes beef, lamb, pork, veal, venison, goat and offal from those sources.

Red processed meat refers to red meat that has been preserved by smoking, curing, salting or adding preservative; for example sausages, bacon, ham, salami and pates.

The list of red meat sources provided above is based on the scientific evidence and information about what is currently offered in schools. Should you wish to use other sources of red and red processed meat, for example rabbit, this should be included in the quantities set out above in order to ensure children are not provided with a total amount of red and red meat which exceeds current dietary advice.

The addition of ingredients such as egg, breadcrumbs, flour, seasoning (including small amounts of salt for the purposes of seasoning) and spices to red meat does not constitute processing and therefore would not be referred to as a processed meat product provided it has not undergone any of the processes listed above or the addition of preservatives.

Practical guidance

- It has been assumed that primary school children will only access red and red processed meat at lunchtime each day during the school week. However it is also recognised that primary aged children may also consume red and red processed meat at mealtimes outwith school. Therefore the limit to be served over the course of the school week has been calculated to assume that half of the maximum amount over 5 days will be consumed in school (175g) at lunchtime leaving an allowance of half (175g) for meals consumed outwith school.

  The aim of this standard is to ensure that, in line with current dietary advice, over the course of a week, an individual child is provided with no more than 175g of red meat of which no more than 100g is red processed meat.

  Further information about how to calculate red and red processed meat allowance including taking account of cooked meat weight loss can be found in the Nutritional Analysis Manual available on the Education Scotland website.

- Remember that red or red processed meat available at other service points, for example ham on a salad bar, will also count towards your weekly limits.

- You should take steps to reduce the fat content of your meat dishes as far as possible, for example, by trimming visible fat from meat before cooking and using leaner cuts of meat. Doing this will also help to meet the fat and saturated fat nutrient standards for school lunches.

- Using smaller amounts of red meat in school lunches alongside a range of vegetables and/or pulses will increase the frequency with which you can offer red meat dishes across the week. For example lentils in Bolognese or more beans in chilli.

- When providing red processed meat products, you should take steps to choose those which are lower in salt as this will help ensure that you do not exceed the maximum sodium levels specified in the nutrient standards.

- When cooking consider whether grilling or oven baking instead of frying could be used in order to reduce the amount of fat used.

- Whilst processed white meat products are not restricted in the same way as red processed meat, these products can be high in fat and sodium and so should be carefully considered as part of any provision across the school day. This is particularly important as we continue our journey of reduced reliance on processed foods in general in favour of fresh, sustainable and seasonal foods.

Sweetened baked products and desserts

Standard 4

Primary school lunchtime	**Sweetened baked products and desserts can be served no more than three times per week.** **When served they must contain no more than 15g of total sugar per portion.**
Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs	**Only products meeting the following criteria can be provided:** • **No more than 7g of total sugar per portion.** • **No more than 13g of fat per portion.** • **No more than 4g of saturated fat per portion.**

Why is this standard important?

These types of products tend to contain high amounts of sugar, fat and saturated fat.

It is important that children are taught to see this type of product as one that should be enjoyed occasionally as part of a balanced diet rather than something to be consumed every day.

Limiting the frequency with which these products are available means that children could be encouraged to choose other items on offer such as fruit.

What is included?

Baking, home baked and commercially produced e.g. cookies, muffins, traybakes, cakes, scones, pancakes, waffles, brownies.

Desserts e.g. sponge puddings, cheesecakes, crumbles, jelly.

Frozen desserts e.g. ice cream and frozen yoghurt.

Biscuits including pre-packed e.g. bourbons, digestives.

Cereal bars including breakfast bakes and bars including home baked products.

Practical guidance

- Confectionery on or in these products is not permitted
- Baking recipes can be modified to make them more nutritionally beneficial: to reduce fat and sugar content and to include nutrient and fibre rich ingredients such as oats or fruit.
- Focus on products which are generally low in fat or sugar such as scones and pancakes with fruit.
- This standard also applies when providing products as part of a snack for example cheese and digestive biscuits.
- Some of these products may be served as part of a combination dish, for example cake and custard or pancake with jam. Care should be taken to ensure that the sugar content of a combined dish is properly reflected in your analysis. This can be done by, for example, looking at the percentage of children who commonly take cake by itself and the percentage of children who commonly take both cake and custard and using this data to base your calculations on.
- Breakfast cereal used as part of a recipe under this standard does not need to comply with the breakfast cereal standard but the finished product must comply with the specification set out above.
- Where these products are provided as part of a school lunch they must be included in the nutritional analysis.

Breakfast cereals

Standard 5

Primary school lunchtime **AND** **Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs**	**Only breakfast cereals meeting the following criteria can be provided:** • **No more than 15g of total sugar per 100g.** • **No more than 440mg of sodium per 100g.** • **No more than 1.1g of salt per 100g.** • **At least 3g of fibre per 100g.** **Breakfast cereal served as part of the school lunch must be included in the nutritional analysis.**

Why is this standard important?

Breakfast cereals can be a good source of fibre and other important nutrients and many are fortified with added vitamins and minerals, however they can also contain high levels of sugar and salt.

What is included?

Any breakfast cereal that meet all of the above criteria.

Practical guidance

- Confectionery on or in these products is not permitted.
- Focus on plain breakfast cereals such as wheat biscuits and porridge.
- Offer different fruits throughout the week to add variety.
- Offer different cereals throughout the week to provide a variety of nutrients, tastes and textures.

Deep fried and fried foods

Standard 6

Primary school lunchtime	**Food that has been deep fried in the cooking or manufacturing process must only be provided a maximum of three times in a week.** **Chips must only be provided as part of a school lunch.**
Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs	**No fried foods can be provided except for savoury snacks meeting the specified criteria set out in standard 7.**

Why is this standard important?

Reducing the number of occasions when deep fried foods can be served will assist in meeting the nutrient standard for energy and fat for meals and help to reduce fat intakes across the school day.

This standard is important in challenging the culture in Scotland of regularly eating chips and other deep fried foods. It aims to encourage children to eat a healthy balanced meal containing a variety of types of food and to see chips as an occasional item to be enjoyed as part of a meal.

Which foods are included?

Any foods which are deep fried, either in the kitchen or during the manufacturing process. These foods may include chips, oven chips, potato waffles, potato wedges, pakora and spring rolls and pre-prepared coated, battered and breaded products e.g. chicken nuggets, fish fingers, potato shapes, battered onion rings and doughnuts.

Some foods are deep fried when they are manufactured and only need to be oven baked by the school. These foods are still considered to be deep fried and can only be served as the standard specifies.

Can fish and chips still be served as part of a school lunch?

Yes, but serving battered or deep fried fish and chips (including oven chips) on the same day means that only one other deep fried food can be served on the menu that week. Also, this is only possible if the school lunch menu meets the nutrient standards in Section 5.

Practical Guidance

- When frying, always use clean oil, ensure that the oil is at the appropriate temperature and the food is not immersed in the oil for too long. Using the right temperature and timing helps prevent too much fat being absorbed.
- If caterers are procuring manufactured products, it is important to make sure they are lower fat, saturated fat and sodium varieties.
- Only use permitted oils e.g. rich in polyunsaturated or monounsaturated fats like sunflower oil or a mixed vegetable oil (refer to standard 11 - oils and spreads).

Savoury snacks

Standard 7

Primary school lunchtime	**Only plain savoury crackers, plain oatcakes and plain breadsticks can be provided.**
Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs	**Plain savoury crackers, plain oatcakes and plain breadsticks can be provided.** **Other pre-packaged savoury snacks meeting the following criteria can also be provided:** • **Pack size of no more than 25g.** • **No more than 22g of fat per 100g.** • **No more than 2g of saturated fat per 100g.** • **No more than 600mg of sodium per 100g.** • **No more than 1.5g of salt per 100g.** • **No more than 3g of total sugar per 100g.**

Why is this standard important?

Children need to have access to a balanced meal at lunchtime. Savoury snacks such as crisps tend to be high in fat and salt and can often replace foods in the diet which may contain important nutrients.

At other times of the day, while savoury snacks can provide additional choice, allowing these snacks outwith meal times by applying a criteria balances the desire for choice with the need to encourage healthier versions of these products.

What savoury snacks are included?

Any savoury snacks that meet the above criteria for the relevant part of the day in which they are being served.

Practical Guidance

- When choosing what products to offer, be aware of nut allergies. Always refer to allergy policies and interpret this standard in light of those policies.
- As savoury snacks meeting the specified criteria can be provided or sold outwith the school lunch, schools need to carefully consider the placement and availability of such snacks e.g. in vending machines, or community cafés, as these products are not permitted to be provided during the school lunch service when only plain oatcakes, crackers and breadsticks are permitted.
- This standard also applies when providing products as part of a snack for example cheese and crackers.

Bread

Standard 8

Primary school lunchtime **AND** **Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs**	**All bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.**

Why is this standard important?

Bread is a starchy food which provides energy, a range of vitamins and minerals and is a good source of fibre. Eating starchy foods is a key part of a healthy diet, and should make up around a third of the food we eat according to the Eatwell guide.

What is AOAC fibre?

AOAC fibre is the current methodology used in product analysis and food labelling to calculate the fibre content of a product. It replaces the previous NSP method of calculating fibre content.

Where a label states fibre, this can be taken to mean AOAC fibre but if you are in any doubt, you can confirm with your supplier.

What bread is included?

All bread and rolls provided at lunchtime and at all other times of the school day.

Bread and rolls including but not limited to: Pre-packaged, home-made, white, brown, malted grain, wholemeal and 50:50 bread or rolls (part-baked and freshly baked) including seeded products, French bread, ciabatta, focaccia, pitta, naan, panini roll, chapattis, flour tortillas (or wraps) with or without additions such as cheese, olives, garlic, garlic butter or other flavourings such as herbs, sundried tomatoes or chilli.

The form of bread does not matter so long as they contain a minimum of 3g AOAC fibre per 100g.

Practical Guidance

- Use a higher proportion of wholemeal flour when baking home-made bread.
- Where possible, bread should be served without the addition of oils, fats or spreads and where they are provided they must meet the oils and spreads standard.
- When offering toppings such as jam and honey for example on toast, consider using lower sugar versions, limiting the frequency and portion size or replace them with alternatives such as low fat cream cheese instead of jam.
- Where provision of sweet condiments is offered as part of the school lunch it must be included in the nutritional analysis.
- Higher fibre options (those with 6g of AOAC fibre per 100g) should gradually be introduced across the school day to further increase fibre intake and get children used to eating these as part of their diet.
- Bread is one of the main sources of sodium in the diets of people in the UK. Work is ongoing with the food industry to encourage reductions in the levels of sodium in a wide range of processed foods including bread. When caterers are purchasing bread, it is important to make sure that they select breads with the lowest sodium content.

Sweetened yoghurts, fromage frais and other milk-based desserts

Standard 9

Primary school lunchtime **AND** **Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs**	**Only sweetened yoghurt, fromage frais and other milk-based desserts meeting the following criteria can be provided:** • **Maximum portion size of 125g.** • **No more than 10g of total sugar per 100g.** • **No more than 3g of fat per 100g.**

Why is this standard important?

Milk-based desserts are a good source of calcium which is important for bone development. However, these items can also be high in sugar and this should be considered particularly where these products are provided outwith the school lunch.

What is included?

Sweetened yoghurts and fromage frais

Other milk-based desserts including but not limited to, custard, rice pudding, milk whip and semolina.

Practical guidance

- If these products are provided as part of a school lunch they must be included in the nutritional analysis.
- Confectionery on or in these products is not permitted.
- Offer natural yoghurt and serve with different fruits to add variety.
- Offer unsweetened or lower sugar products wherever possible.

- Be aware that sugar in the form of lactose naturally present in natural yoghurt counts towards your total sugar values. Free sugar present in fruit purees added to natural yoghurt will further count towards the total sugar values. As such consideration should be given to the amount of fruit puree used in this way.

Pastry and pastry products

Standard 10

Primary school lunchtime **AND** **Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs**	**Pastry and pastry products must not be provided more than a total of twice a week across the school day.**

Why is this standard important?

Pastry products often contain large amounts of fat and some contain high amounts of saturated fat. Saturated fats contribute to the risk of heart disease by raising blood cholesterol.

Reducing provision of these products aims to improve the overall diet by restricting overall opportunities to over-consume items high in fat which can contribute to overall poorer nutrition. This will help to teach children to see these products as ones to be enjoyed occasionally as part of a balanced diet rather than every day.

What is included?

Savoury and sweet products including but not limited to pies, pastry square, croissants, choux pastry, butteries and Danish pastries.

Practical guidance

- When provided as part of the school lunch meal they must be included in the nutritional analysis.
- Confectionery on or in these products is not permitted.
- Alternatives to pastry top pies may be to use sliced or mashed potatoes or vegetables.
- When using pastry, use smaller portions.

- Staff serving lunches and staff providing food at other times of the day must co-ordinate provision between them to ensure that this standard is applied across the school week. This is particularly important where lunchtime provision and provision at other times of the day for example a breakfast or after school club are managed by different staff for example catering and education.

Oils and spreads

Standard 11

Primary school lunchtime **AND** **Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs**	**Oils must contain a total saturated fat content which does not exceed 16g per 100g and:** **(a) a total monounsaturated fat content of at least 55g per 100g; or** **(b) a total polyunsaturated fat content of at least 30g per 100g.** **Fat spread must contain:** **(a) a total saturated fat content which does not exceed 20g per 100g; and** **(b) a combined total monounsaturated and polyunsaturated fat content of at least 30g per 100g.**

Why is this standard important?

As part of a healthy diet, it is not only important to cut down on the amount of total fat eaten, but also to replace saturated fats with unsaturated fats (e.g. polyunsaturated and monounsaturated fats), which are a healthier alternative.

Saturated fats contribute to the risk of heart disease by raising blood cholesterol levels. Replacing saturated fats with unsaturated fats can lower blood cholesterol and help to reduce risk of heart disease.

This means that butter, hard margarines, lard and some cooking oils are not appropriate for use in a school setting as these contain high levels of saturated fat.

What types of oils are likely to be suitable?

Oils which are rich in monounsaturated and/or polyunsaturated fats are likely to include: olive, rapeseed (canola), safflower, sunflower, corn, soya, walnut, linseed, sesame seed and nut oils (refer to allergy policies).

What types of fat spreads are likely to be suitable?

Spreads which are rich in monounsaturated/polyunsaturated fats are likely to include rapeseed, olive oil, sunflower and soya based choices.

Practical Guidance

- To help meet the nutritional standards for total fat and saturated fat for school lunches, and to reduce the amount of total fat and saturated fat that is provided across the rest of the school day, use oils and fats spreads sparingly by;
    - grilling or oven baking food instead of frying;
    - limiting the amount of oils in cooking and dressings; and
    - limiting the amount of fat spreads added to bread, sandwiches, potatoes and vegetables.

Salt and Other Condiments

Standard 12

Primary school lunchtime	**No salt can be made available to add to food after the cooking process for school lunches is complete.**
AND	**Condiments (if provided) must be dispensed in no more than 10ml portions.**
Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs	

Why is this standard important?

Often children consume more salt than they need, which could have an effect on their health in the future. Eating too much salt increases the risk of high blood pressure, which may then lead to heart disease and stroke.

It is the sodium in salt that can have harmful effects on health. Some foods contain other forms of sodium, such as those used as flavour enhancers (e.g. monosodium glutamate) and raising agents (e.g. sodium bicarbonate).

Too much salt, too often will give children a taste for salty food and they will be more likely to continue eating too much salt when they grow up. Whilst most salt in the diet comes from manufactured products, it is important to limit the amount used during and after cooking.

Condiments are often high in fat, sugar and/or salt

What is included?

All salts and condiments including but not limited to: table salt, sea salt, tomato ketchup, brown sauce, mayonnaise, salad cream, French dressing, mustard, soy sauce, Worcestershire sauce, barbecue sauce, tabasco sauce, plain and creamed horseradish sauce, mint sauce, mint jelly, tartare sauce, pickles and relishes.

Practical guidance

- Salt used in the cooking process for school lunches must be included in the nutritional analysis.
- Condiments provided as part of the school lunch must be included in the nutritional analysis.
- Only serve condiments on request, keeping them away from till points.
- Only provide condiments when a meal requires them for palatability for example tomato ketchup with a burger/meat substitute which may otherwise be too dry without it.
- Use healthier alternatives such as dressings or sauces made with natural yoghurt enhanced with suitable flavourings such as herbs.
- Limit the amount of salt and other condiments which have a higher salt content, for example soy sauce, used in cooking, replacing them with other flavourings such as garlic, lemon juice, herbs and spices.
- Choose foods that have a lower salt content when procuring manufactured foods.
- Use lower fat, sugar and salt versions of condiments where possible.

Confectionery

Standard 13

Primary school lunchtime **AND** **Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs**	**No confectionery can be made available in any place within school premises.**

Why is this standard important?

Confectionery items contain large amounts of free sugar and some also contain high amounts of fat. These foods are high in energy (calories) but provide very few nutrients such as protein, vitamins and minerals and fibre. Sugar-free sweets also provide little nutritional value and could displace other more nutritious food from the diet.

This standard aims to improve dental health by reducing the frequency that children consume sugars. It also aims to improve the overall diet by restricting foods high in sugar and fats.

What does the term confectionery include?

The term confectionery refers to the following groups of products.

- **Chocolate in any form, any product containing or wholly or partially coated with chocolate and any chocolate flavoured substance, but excludes cocoa powder used in sweetened and baked products and drinks:** e.g. bars of milk, plain or white chocolate, chocolate flakes, chocolate buttons, chocolate chips, chocolate filled eggs, chocolate drizzled products such as biscuits or chocolate covered products such as choc ices.

- **Non-chocolate confectionery (whether or not containing sugar):** e.g. boiled, gum/gelatine, liquorice, mint and other sweets, lollipops, fudge, tablet, toffee, sherbet, marshmallows, chewing gum or processed fruit sweets and bars.

- **Any sugared or wholly or partially yoghurt-coated products: e.g. sugared or yoghurt coated fruit and nuts or yoghurt drizzled cereal bars and biscuits.**

What is permitted?

Cocoa powder (not drinking chocolate) can be used in cakes, biscuits, puddings and drinks in order to allow caterers flexibility in devising their menus. However, any product which is available as part of the primary school lunch will need to be included in the nutritional analysis and meet the relevant specification. These products would also need to meet the relevant criteria for the appropriate standard where they are provided at other times of the day.

Practical guidance

- No confectionery can be provided at any time of the day either as a separate product such as a chocolate bar in a tuckshop or as an ingredient in products under any other standard such as glace cherries in sweetened baked goods or chocolate chips in pastry items.

Drinks

Standard 14

Primary school lunchtime **AND** **Other times of the primary school day including breakfast clubs, mid-morning break, tuckshops, nurture groups and after-school clubs**	**Free drinking water must be provided. In addition the following drinks can be provided:** • **Plain still or sparkling water.** • **Plain, lower fat milk.** • **Plain, lower fat, calcium enriched milk alternatives.** • **No added sugar, lower fat milk drinks.** • **No added sugar, lower fat drinking yoghurts.**

Why is this standard important?

Water and milk are the preferred drinks for children to quench thirst. Milk can be a good source of protein, vitamins and minerals especially calcium which is needed to build healthy bones and teeth.

Milk contains a high percentage of water and is therefore also good for hydration. The high levels of calcium and phosphate in milk help to re-mineralise tooth enamel after it has been exposed to sugary or acidic substances (e.g. acidic flavourings).

Lower fat milk drinks such as drinking yoghurts, flavoured milk and hot chocolate are permitted only where they do not contain any added sugar including for example lactose. This will allow choice and variety but without contributing to free sugar consumption across the day.

Plain, lower fat, calcium enriched milk alternatives can be provided.

Lower fat milk and milk drinks, for example semi-skimmed and skimmed milk, contain similar nutrients to those present in full fat milk but with less fat.

The 2020 Regulations require that every pupil must have access to free drinking water across the day.

Definitions for these drinks can be found at Annex A

Practical advice

- Ensure that fresh or chilled water is in plain sight to encourage children to take it.
- Place plain still or sparkling water and plain milk in more prominent positions than other drinks to encourage children to choose them first.
- Limit the number of occasions you provide no added sugar flavoured milk and drinking yoghurt, to help encourage children to see these drinks as an occasional choice rather than to expect them every day.
- Consideration should be given to portion sizes to ensure that they are appropriate for different age groups and settings.
- Please refer to Annex C for advice on the use of sweeteners in schools.

Foods not listed in the school food and drink standards

Not all individual foods are covered by the food and drink standards particularly as new products are emerging all the time. However, it is essential that careful consideration is given to all foods provided, both now and in the future, to ensure the choices support the ethos of the health promoting school, putting the health of children at the centre of every decision.

All foods and drinks provided as part of the primary school lunch must be included in the nutritional analysis.

When deciding what foods to provide, stop and think…… is this a food we should be promoting to children in a health promoting school?

Section 4:

Food and Drink standards for secondary school

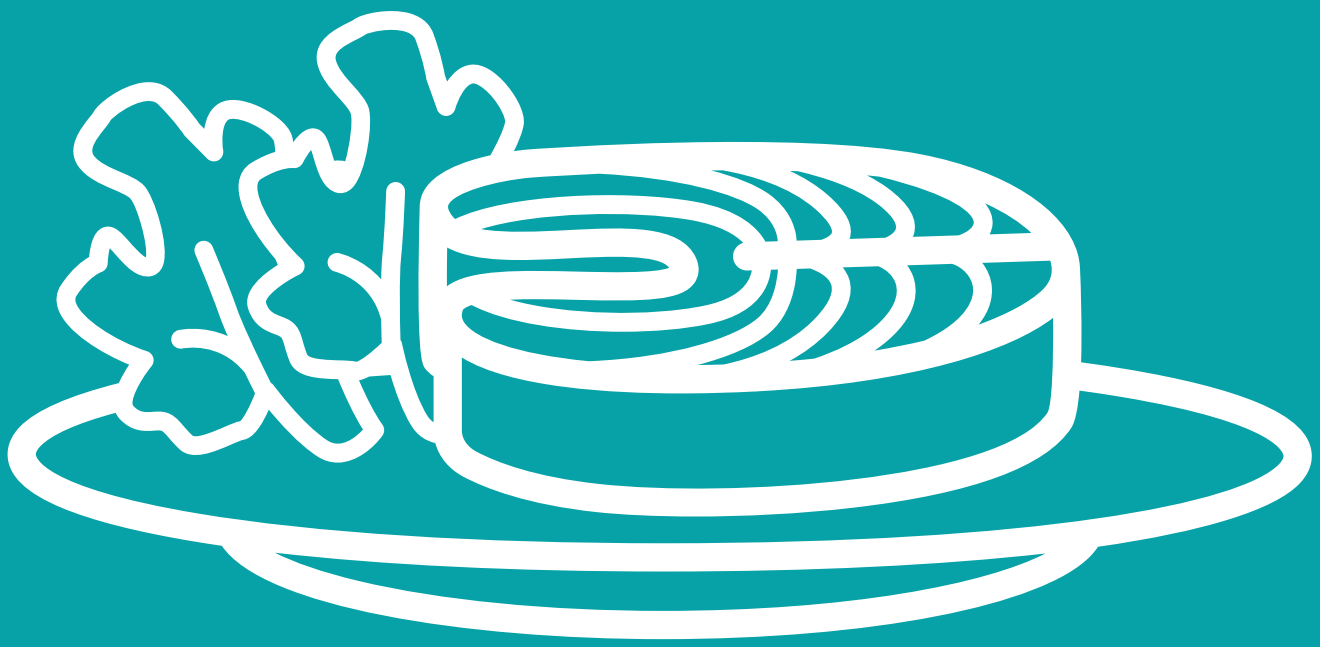


Table 3: At a glance - Food and drink standards for secondary school analysed lunches and secondary school hostel evening meals

1. Fruit and vegetables	At least two portions of vegetables and one portion of fruit must be offered every day as part of the analysed school lunch and as part of the school hostel evening meal.	*Page 54*
2. Oily fish	Oily fish must be provided at least once every three weeks either as part of the analysed or non-analysed school lunch, or at other times of the school day. Oily fish must be provided at least once every three weeks as part of the school hostel evening meal.	*Page 60*
3. Red and red processed meat	No more than a **combined** total of 230g of red and red processed meat (cooked weight) can be provided in the **analysed school lunch, non-analysed school lunch options and at all other times of the day** over the course of the school week (not including the school hostel evening meal), of which no more than 130g (cooked weight) can be red processed meat. In addition, no more than a total of 115g of red and red processed meat (cooked weight) can be provided as part of the secondary **school hostel evening meal** over the course of the school week, or which no more than 65g (cooked weight) can be red processed meat.	*Page 62*
4. Sweetened baked products or desserts	Only sweetened baked products and desserts meeting specified criteria can be provided.	*Page 65*
5. Breakfast cereals	Only breakfast cereals meeting specified criteria can be provided.	*Page 67*

6. Deep fried and fried foods	Food that has been deep fried in the cooking or manufacturing process shall not be permitted more than three times in a week as a combined total across the whole school day (not including the school hostel evening meal). In addition, food that has been deep fried in the cooking or manufacturing process shall not be permitted more than three times in a week as part of the school hostel evening meal. Chips must only be served as part of a meal.	*Page 68*
7. Savoury snacks	Only plain savoury crackers, plain oatcakes and plain breadsticks along with other savoury snacks meeting specified criteria can be provided.	*Page 70*
8. Bread	All bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.	*Page 71*
9. Sweetened yoghurts, fromage frais and other milk-based desserts	Only Sweetened yoghurts, fromage frais and other milk-based desserts meeting specified criteria can be provided.	*Page 73*
10. Pastry and pastry products	Pastry and pastry products can only be provided as part of the **analysed school lunch, non-analysed school lunch or at any other times of the school day** a **combined** total of twice per week across the school day. In addition, pastry and pastry products must not be provided more than twice per week as part of a **school hostel evening meal**.	*Page 74*
11. Oils and spreads	Only oils and spreads high in polyunsaturated and/or monounsaturated fats can be used.	*Page 76*

12. Table salt and other condiments	Additional salt cannot be provided. Condiments (if provided) must be dispensed in no more than 10ml portions.	*Page 78*
13. Confectionery	No confectionery can be provided at any time of the day either as a separate product such as a chocolate bar or as an ingredient in products under any other standard such as sweetened baked goods or pastry items.	*Page 80*
14. Drinks	Only the following drinks can be provided at any time of the secondary school day: • Plain still or sparkling water • Plain lower fat milk • Plain, lower fat, calcium enriched milk alternatives • Tea and Coffee • No added sugar, lower fat milk drinks • No added sugar, lower fat drinking yoghurts • Sugar-free drinks (excluding high caffeine – 150mg per litre)	*Page 82*

Table 4. At a glance - Food and drink standards that apply to provision at all other times of the secondary school day including the non-analysed school lunch and for example breakfast clubs, vending machines, mid-morning break, tuckshops and after school clubs

1. Fruit and vegetables	Portions of fruit and/or vegetable must be made available in any place within the premises where food is provided. A portion of salad or vegetables must be provided as part of a main meal lunch item[14].	*Page 54*
2. Oily fish	Oily fish must be provided at least once every three weeks either at other times of the school day or as part of the analysed or non-analysed school lunch.	*Page 60*
3. Red and red processed meat	No more than a combined total of 230g of red and red processed meat can be provided in the analysed school lunch, non-analysed school lunch and at all other times of the day (not including the school hostel evening meal), of which no more than 130g can be red processed meat.	*Page 62*
4. Sweetened baked products or desserts	Only sweetened baked products or desserts that meet the specified criteria can be provided.	*Page 65*
5. Breakfast cereals	Only breakfast cereals meeting specified criteria can be provided.	*Page 67*
6. Deep fried and fried foods	Food that has been deep fried in the cooking or manufacturing process shall not be permitted more than three times in a week as a combined total across the whole school day. Chips must only be served as part of a meal.	*Page 68*

14 Main Lunch Item means:
- Traditional lunches e.g. roast dinner, lasagne, vegetable curry
- Sandwiches/baguettes/panini/salad boxes for example tuna salad baguettes
- Other lunch options e.g. baked potato, pizza

7. Savoury snacks	Plain savoury crackers, plain oatcakes and plain breadsticks can be provided. Other pre-packaged savoury snacks meeting specified criteria can be provided.	*Page 70*
8. Bread	All bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.	*Page 71*
9. Sweetened yoghurts, fromage frais and other milk-based desserts	Only Sweetened yoghurts, fromage frais and other milk-based desserts meeting specified criteria can be provided.	*Page 73*
10. Pastry and pastry products	Pastry and pastry products must not be provided as part of the analysed school lunch, non-analysed school lunch or at any other times of the school day more than a combined total of twice per week across the school day.	*Page 74*
11. Oils and spreads	Only oils and spreads meeting specified criteria can be used.	*Page 76*
12. Table salt and other condiments	Additional salt cannot be provided. Condiments (if provided) must be dispensed in no more than 10ml portions.	*Page 78*
13. Confectionery	No confectionery can be provided at any time of the day either as a separate product such as a chocolate bar or as an ingredient in products under any other standard such as sweetened baked goods or pastry items.	*Page 80*

14. Drinks	Only the following drinks can be provided at any time of the secondary school day: • Plain still or sparkling water • Plain, lower fat milk • Plain, lower fat, calcium enriched milk alternatives • Tea and Coffee • No added sugar, lower fat milk drinks • No added sugar, lower fat drinking yoghurts • Sugar-free drinks (excluding high caffeine – 150mg per litre)	*Page 82*

Fruit and Vegetables

Standard 1

Secondary school analysed lunch **AND** **School Hostel evening meal for secondary aged young people**	**At least two portions of vegetables and one portion of fruit must be offered every day as part of an analysed school lunch and school hostel evening meal.**
Other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs	**Portions of fruit and/or vegetable must be made available in any place within the premises where food is provided.** **A portion of salad or vegetables must be provided and included in the cost of any non-analysed main lunch option.**

Why is this standard important?

It is desirable to increase fruit and vegetable intake because:

- Fruit and vegetables provide a wide range of vitamins, minerals, fibre and other naturally occurring beneficial components. Current recommendations are to eat at least five portions of a variety of fruit and vegetables each day as part of a healthy balanced diet.
- Very few young people in Scotland eat the recommended amount of five or more portions of fruit and vegetables a day[15].
- Low consumption of fruit and vegetables remains one of the most concerning features of the Scottish diet. Low fruit and vegetable consumption is linked to poor health and increased risk of certain diseases including heart disease and some cancers. Increased consumption of fruits and vegetables as part of the daily diet may reduce the risk of these diseases.

15 Scottish Health Survey 2019

What is a portion of vegetables?

A portion of all fresh, frozen and canned vegetables is 80g.

What vegetables are included?

All fresh, frozen and canned vegetables are included whether offered as a salad, cooked vegetable, or as part of a dish (e.g. soups, stews and sandwiches).

Vegetables that are added to dishes such as soups, stews, casseroles, pasta based dishes and sandwiches can count as a portion if the quantities of vegetables added is at least 80g.

Pulses (e.g. beans and lentils)

Pulses, for example baked beans, kidney beans, lentils and chick peas can be classified as either a protein food or vegetable. However, they can only make up a maximum of one portion of vegetables even if several portions are available. This is because pulses don't give the same range of vitamins, minerals and other nutrients as other vegetables.

What foods are not counted as a vegetable portion?

Potatoes

Potatoes do not count as a vegetable portion because they are classified as starchy foods.

Products canned in tomato sauce e.g. canned spaghetti

Canned spaghetti in tomato sauce and similar products cannot be counted as a vegetable portion. This is because spaghetti is a starchy food and not a vegetable, and tomato sauce does not contain the same mix of fibre and vitamins and minerals as a standard portion of vegetables.

What is a portion of fruit?

A portion is 80g of fresh, frozen and canned fruit.

A portion is 30g of dried fruit.

What fruits are included?

All types of fruit whether fresh, frozen, canned and dried are included.

Dried fruit

Dried fruit can count as one of the fruits on offer but at least one other type of fruit should be available as an alternative to this. It is preferable to provide dried fruit as part of a meal as opposed to a snack to promote good dental health practices.

What foods are not counted as a fruit portion?

Fruit juice, smoothies and combination fruit and vegetable drinks are not permitted to be provided in schools. This is because these products are high in free sugars. Free sugars are all sugars which are added to food and drinks by manufacturers, cooks or consumers, plus sugars naturally present in honey, syrups and fruit juices. Under this definition, lactose (the sugar in milk) when naturally present in milk and milk products and the sugars contained within the cellular structure of foods are excluded. When fruit or vegetables are turned into juice, the sugars come out of their cells and become free sugars; the fibre is lost and it is easy to consume too much.

Include a variety of fruit and vegetables on the menu every day

Different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients. The school menu should include a variety of fruit and vegetables over the school week for the young people to get the most benefit. For example, peas should not be on the menu every day and, if serving salads, regularly, try to include different types of fruit and vegetables.

Practical Guidance

- Each portion can be made up of a variety of fruit and/or vegetables, for example four quarter portions of fruit as a fruit salad dessert or two half portions of vegetables as a vegetable curry main dish.

Guide[16] to fruits and vegetables serving portions

	Secondary
Cooked vegetables	3 heaped tablespoons
Mixed salads	1 cereal bowl
• **Salad vegetables** • **cherry tomatoes** • **cucumber** • **celery** • **peppers**	 7 cherry tomatoes 5 cm chunk 1 full length stick ½ pepper
Pulses such as beans and lentils – cooked weight	3 heaped tablespoons

16 Taken from the NHS portion guide

	Secondary
Small-sized fruit **e.g. plums, clementines, apricots, kiwi fruit, strawberries, cherries, grapes, raspberries**	2 fruit or more 2 plums 2 clementines 2 kiwi fruit 3 apricots 6 lychees 7 strawberries 14 cherries 14 grapes 20 raspberries
Medium-sized fruit **e.g. apple, banana, pear, orange**	1 medium fruit Includes apple, banana, pear, orange or nectarine
Large-sized fruits **e.g. grapefruit, melon, pineapple, mango**	½ grapefruit 1 slice of melon (5 cm slice) 1 large slice of pineapple 2 slices of mango (5 cm slices)
Currants, raisins, sultanas	1 heaped tablespoon
Dried apricots, figs and prunes	3 whole dried apricots or prunes 2 whole dried figs
Fruit salad, fruit canned in juice	3 heaped tablespoons
Stewed fruit	2 heaped tablespoons

How to increase fruit and vegetable intakes

- Add extra vegetables and pulses to stews, casseroles or other dishes, and add fresh, canned fruit in natural juice or dried fruit into desserts and puddings.
- Soups can be popular with young people and are a useful way of increasing vegetable intake; aim to ensure that vegetable-based soup contains a minimum of one portion of vegetables per serving.
- Add fruit to pies, crumbles and other composite fruit dishes aiming to ensure that one serving contains at least one portion of fruit.
- Offer low fat dressings or dips to go with salad or crudites.
- Offer fruit and vegetables in a variety of colours and shapes.
- Offer some fruit and vegetables separately on occasion instead of always as a mix to allow young people to select the fruit and vegetables they want without being put off by the items they don't enjoy.

Maximising desirable nutrients

Some vitamins and minerals can be easily lost when fruit and vegetables are prepared, cooked or stored so bear the following in mind:

- Use fresh fruit and vegetables soon after purchase as the vitamin content will decrease the longer they are stored - or use frozen fruit and vegetables.
- Cook fruit and vegetables as soon as possible after cutting. If this is not possible, cover and chill them.
- Use cooking methods which use the minimum amount of water - steaming, microwaving, or boiling in minimal water.
- Cook vegetables as close to service as possible.

Minimising less desirable nutrients in canned foods

- Use fruits canned in natural fruit juice and drain off the juice before serving.
- Use vegetables and pulses canned in plain water or natural juice and without added salt or sugar.
- Aim to limit the use of pickled vegetables e.g. pickled onions and pickled beetroot as these can be high in salt.

Oily Fish

Standard 2

Secondary school analysed lunch **AND** **Other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs**	**Oily fish must be provided at least once every three weeks.**
School Hostel evening meal for secondary aged young people	**Oily fish must be provided at least once every three weeks as part of a school hostel evening meal.**

Why is this standard important?

Oily fish is a rich source of omega 3 fatty acids which have a number of health benefits including helping maintain a healthy heart. Children in Scotland and other parts of the UK do not eat enough oily fish and need encouragement to consume more in the diet. Schools can play a significant role in promoting oily fish consumption.

What are oily fish?

Oily fish are those fish which contain certain types of beneficial fats in their flesh. The fats are called long chain omega-3 fatty acids. White fish have only very small amounts of these fats in their flesh, so do not count as oily fish and while tuna is a healthy choice, fresh or canned tuna does not count as an oily fish.

Examples of oily fish include fresh, canned or frozen salmon, mackerel, trout, herring, sardines, or pilchards.

Practical Guidance

- Offer regular small taster portions to introduce young people to fish dishes they may not have tried before. Small tasters are a very good way of helping young people to accept new or different foods.
- Offer a variety of dishes over time to encourage young people to keep eating oily fish. Try fish in dishes that young people are familiar with such as curry, pasta and pizza.
- Use oily fish as a filling for sandwiches, wraps, kebabs and baked potatoes. It can also be used to make pate or served on the salad bar.
- Try gradually increasing the proportion of oily fish over time for example mixing oily fish with white fish to make fish cakes or add salmon fishcakes to the menu.
- Ensure that all staff are aware of the benefits of eating oily fish and get them to encourage young people to take these dishes.
- Get young people involved by running promotions related to increasing oily fish consumption.
- If caterers are procuring manufactured fish products, it is important to make sure they are lower fat, saturated fat and salt varieties.
- Offering smaller proportions of oily fish at various times of the day will help ensure that young people who do not choose an analysed school lunch are still encouraged to eat oily fish. For example kippers for breakfast or smoked mackerel pate with oatcakes as a snack.

Red and red processed meat

Standard 3

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs**	**No more than a combined total of 230g (cooked weight) of red and red processed meat is permitted across the secondary school week, of which no more than 130g (cooked weight) can be red processed meat.**
School Hostel evening meal for secondary aged young people	**In addition, no more than 115g (cooked weight) of red and red processed meat is permitted as part of the school hostel evening meal for secondary school aged young people over the course of the week, of which no more than 65g (cooked weight) can be red processed meat. This is in addition to the quantities set out above for the combined total provision across the school week.**

Why is this standard important?

Red meat is a good source of a range of important nutrients including iron and zinc.

Inclusion of red meat in school menus can help meet the nutrient standards for the analysed school lunches and to provide important nutrients in other lunchtime offerings.

As part of a balanced diet, it is recommended that we consume no more than 70g of red and red processed meat per day. The maximum levels for provision of red and red processed meat during the school week have been calculated using this figure.

What is included?

Red meat includes beef, lamb, pork, veal, venison, goat and offal from those sources.

Red processed meat refers to meat that has been preserved by smoking, curing, salting or adding preservative; for example sausages, bacon, ham, salami and pates.

The list of red meat sources provided above is based on the scientific evidence and information about what is currently offered in schools. Should you wish to use other sources of red and red processed meat, for example rabbit, this should be included in the quantities set out above in order to ensure young people are not provided with a total amount of red and red meat which exceeds current dietary advice.

The addition of ingredients such as egg, breadcrumbs, flour, seasoning (including small amounts of salt for the purposes of seasoning) and spices to red meat does not constitute processing and therefore would not be referred to as a processed meat product provided it has not undergone any of the processes listed above or the addition of preservatives.

Practical guidance

- It has been assumed that secondary school young people have multiple opportunities to consume red and red processed meat each day during the school week, for example breakfast service, morning service and lunch service. However it is also recognised that secondary aged young people may also consume red and red processed meat at meals times outwith school. Therefore the limit to be served over the course of the school week has been calculated to assume that two thirds of the maximum amount (230g) over 5 days will be consumed in school leaving an allowance of one third (115g) for meals consumed outwith school either at home or as part of the school hostel evening meal.

  The aim of this standard is to ensure that, in line with current dietary advice, over the course of a week, an individual young person is provided with no more than 230g of red meat of which no more than 130g is red processed meat.

  Further information about how to calculate red and red processed meat allowance including taking account of cooked meat weight loss can be found in the Nutritional Analysis Manual available on the Education Scotland website.

- Remember that red or red processed meat available at any other place on school premises, for example bacon rolls at the breakfast service or ham on a salad bar, will also count towards your weekly limits.

- You should take steps to reduce the fat content of your meat dishes as far as possible, for example, by trimming visible fat from meat before cooking and using leaner cuts of meat. Doing this will also help to meet the fat and saturated fat nutrient standards for analysed school lunches and school hostel evening meals.

- Using smaller amounts of meat alongside a range of vegetables and/or pulses will increase the frequency with which you can offer red meat dishes across the week.
- When providing red processed meat products, you should take steps to choose those which are lower in salt as this will help ensure that young people are not encouraged to consume excess salt. It will also help to ensure the analysed school lunch and school hostel evening meal does not exceed the maximum salt levels specified in the nutrient standards.
- When cooking, consider whether grilling or oven baking instead of frying could be used in order to reduce the amount of fat used.
- Whilst processed white meat products are not restricted in the same way as red processed meat, these products can be high in fat and sodium and so should be carefully considered as part of any provision across the school day. This is particularly important as we continue our journey of reduced reliance on processed foods in general in favour of fresh, sustainable and seasonal foods.

Sweetened baked products and desserts

Standard 4

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**Only products meeting the following criteria can be provided:** • **No more than 10g of total sugar per portion.** • **No more than 19g of fat per portion.** • **No more than 6g of saturated fat per portion.**

Why is this standard important?

These types of products tend to contain high amounts of sugar, fat and saturated fat.

Restricting the sugar, fat and saturated fat content in these products means they can continue to be offered as part of a balanced diet but in a way that helps to teach young people's palates not to expect overly sweet tastes every time they are consumed.

What is included?

Baking, home baked and commercially produced e.g. cookies, muffins, traybakes, cakes, scones, pancakes, waffles, brownies.

Desserts e.g. sponge puddings, cheesecakes, crumbles, jelly.

Frozen desserts e.g. ice cream and frozen yoghurt.

Biscuits including pre-packed e.g. bourbons, digestives.

Cereal bars including breakfast bakes and bars both manufactured and home-made.

Practical guidance

- Confectionery in or on these products is not permitted.
- Baking recipes can be modified to make them more nutritionally beneficial: to reduce fat and sugar content and to include nutrient and fibre rich ingredients such as oats or fruit.
- Focus on products which are generally lower in fat or sugar such as scones and pancakes with fruit.
- This standard also applies when providing products such as cheese and digestive biscuits.
- Some of these products may be served as part of a combination dish, for example cake and custard or pancake with jam. Care should be taken to ensure that the sugar content of a combined dish is properly reflected in your analysis. This can be done by, for example, looking at the percentage of children who commonly take cake by itself and the percentage of children who commonly take both cake and custard and using this data to base your calculations on.
- Breakfast cereal used as part of a recipe under this standard do not need to comply with the breakfast cereal standard but the finished product must comply with the specification set out above.
- Where these products are provided as part of an analysed school lunch or school hostel evening meal they must be included in the nutritional analysis.

Breakfast cereals

Standard 5

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**Only breakfast cereals meeting the following criteria can be provided:** • **No more than 15g of total sugar per 100g.** • **No more than 440mg of sodium per 100g.** • **No more than 1.1g of salt per 100g.** • **At least 3g of fibre per 100g.**

Why is this standard important?

Breakfast cereals can be a good source of fibre and other important nutrients and many are fortified with added vitamins and minerals, however they can also contain high levels of sugar and salt.

What is included?

Any breakfast cereal that meet all of the above criteria.

Practical guidance

- Breakfast cereal served as part of the secondary school analysed lunch or school hostel evening meal must be included in the nutritional analysis.
- Confectionery on or in these products is not permitted.
- Focus on plain breakfast cereals and porridge.
- Offer different fruits throughout the week to add variety.
- Offer different cereals throughout the week to provide a variety of nutrients, tastes and textures.

Deep fried and fried foods

Standard 6

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs**	**Food that has been deep fried in the cooking or manufacturing process must only be provided a maximum of three times in a week.** **Chips must only be provided as part of a lunch.**
School Hostel evening meal for secondary aged young people	**In addition to the limit for the analysed school lunch and other times of the day, food that has been deep fried in the cooking or manufacturing process must only be provided a maximum of three times in a week as part of a school hostel evening meal.** **Chips must only be provided as part of a school hostel evening meal for secondary aged young people.**

Why is this standard important?

Reducing the number of occasions when deep fried foods can be served will assist in meeting the nutrient standard for energy and fat for analysed meals and help to reduce fat intakes across the school day.

This standard is important in challenging the culture in Scotland of regularly eating chips and other deep fried foods. It aims to encourage young people to eat a healthy balanced meal containing a variety of types of food and to see chips as an occasional item to be enjoyed as part of a meal.

Which foods are included?

Any foods which are deep fried, either in the kitchen or during the manufacturing process. These foods may include chips, oven chips, potato waffles, potato wedges, pakora and spring rolls and pre-prepared coated, battered and breaded products e.g. chicken nuggets, fish fingers, potato shapes, battered onion rings and doughnuts.

Some foods are deep fried when they are manufactured and only need to be oven baked by the school. These foods are still considered to be deep fried and can only be served as the standard specifies.

Practical Guidance

- When frying, always use clean oil, ensure that the oil is at the appropriate temperature and the food is not immersed in the oil for too long. Using the right temperature and timing helps prevent too much fat being absorbed.
- If caterers are procuring manufactured products, it is important to make sure they are lower fat, saturated fat and salt varieties.
- Only use permitted oils e.g. rich in polyunsaturated or monounsaturated fats like sunflower oil or a mixed vegetable oil (refer to standard 11 – oils and spreads).

Savoury snacks

Standard 7

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**Plain savoury crackers, plain oatcakes and plain breadsticks can be provided.** **Other pre-packaged savoury snacks meeting the following criteria can also be provided:** • **Pack size of no more than 25g.** • **No more than 22g of fat per 100g.** • **No more than 2g of saturated fat per 100g.** • **No more than 600mg of sodium per 100g.** • **No more than 1.5g of salt per 100g.** • **No more than 3g of total sugar per 100g.**

Why is this standard important?

While savoury snacks such as crisps can provide additional choice, they can be high in sugar, fat, and salt. Restricting the sugar, fat and salt content in these products means they can continue to be offered as a more suitable option.

What savoury snacks are included?

Any savoury snacks that meet the above criteria.

Practical Guidance

- When choosing what products to offer, be aware of nut allergies. Always refer to allergy policies and interpret this standard in light of those policies.
- Consider limiting the frequency with which these products are made available in order to encourage young people to choose other options such as fruit.
- This standard also applies when providing products as part of a snack for example cheese and crackers.

Bread

Standard 8

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**All bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.**

Why is this standard important?

Bread is a starchy food which provides energy, a range of vitamins and minerals and is a good source of fibre. Eating starchy foods is a key part of a healthy diet, and should make up around a third of the food we eat according to the Eatwell guide.

What is AOAC fibre?

AOAC fibre is the current methodology used in product analysis and food labelling to calculate the fibre content of a product. It replaces the previous NSP method of calculating fibre content.

Where a label states fibre, this can be taken to mean AOAC fibre but if you are in any doubt, you can confirm with your supplier.

What bread is included?

All bread and rolls provided at mealtimes, as part of the school hostel evening meal and at all other times of the school day.

Bread and rolls including but not limited to: Pre-packaged, home-made, white, brown, malted grain, wholemeal and 50:50 bread or rolls (part-baked and freshly baked) including seeded products, French bread, ciabatta, focaccia, pitta, naan, panini roll, chapattis, flour tortillas (or wraps) with or without additions such as cheese, olives, garlic, garlic butter or other flavourings such as herbs, sundried tomatoes or chilli.

The form of bread does not matter so long as they contain a minimum of 3g AOAC fibre per 100g.

Practical Guidance

- Use a higher proportion of wholemeal flour when baking home-made bread.
- Where possible, bread should be served without the addition of oils, fats or spreads and where they are provided they must meet the oils and spreads standard.
- When offering sweet condiments such as jam and honey, consider limiting the frequency and portion size or replace them with alternatives such as low fat cream cheese instead of jam. Where such provision is part of the analysed school lunch or hostel evening meal it must be included in the nutritional analysis.
- Higher fibre options (those with 6g of AOAC fibre per 100g) should gradually be introduced across the school day to further increase fibre intake and get young people used to eating these as part of their diet.
- Bread is one of the main sources of sodium in the diets of people in the UK. Work is ongoing with the food industry to encourage reductions in the levels of sodium in a wide range of processed foods including bread. When caterers are purchasing bread, it is important to make sure that they select breads with the lowest sodium content.

Sweetened yoghurts, fromage frais and other milk-based desserts

Standard 9

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**Only sweetened yoghurt, fromage frais and other milk-based desserts meeting the following criteria can be provided:** • **Maximum portion size of 175g.** • **No more than 10g of total sugar per 100g.** • **No more than 3g of fat per 100g.**

Why is this standard important?

Milk-based desserts are a good source of calcium which is important for good bone development. However, these items can also be high in sugar and this should be considered particularly where these products are provided outwith the analysed school lunch or school hostel evening meal.

What is included?

Sweetened yoghurts and fromage frais.

Other milk-based desserts including but not limited to, custard, rice pudding and semolina.

Practical guidance

- If these products are provided as part of an analysed school lunch or school hostel evening meal they must be included in the nutritional analysis.
- Confectionery on or in these products is not permitted.
- Offer natural yoghurt and serve with different fruits to add variety.
- Offer unsweetened or lower sugar products wherever possible.
- Be aware that sugar in the form of lactose naturally present in natural yoghurt counts towards your total sugar values. Free sugar present in fruit purees added to natural yoghurt will further count towards the total sugar values. As such consideration should be given to the amount of fruit puree used in this way.

Pastry and pastry products

Standard 10

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs**	**Pastry and pastry products must not be provided more than a total of twice a week across the school day.**
School Hostel evening meal for secondary aged young people	**In addition to the requirements for the analysed school lunch and other times of the day, Pastry and pastry products must not be provided more than twice a week as part of a school hostel evening meal.**

Why is this standard important?

Pastry products often contain large amounts of fat and some contain high amounts of saturated fat. Saturated fats contribute to the risk of heart disease by raising blood cholesterol.

Reducing provision of these products aims to improve the overall diet by restricting overall opportunities to over-consume items high in fat which can contribute to overall poorer nutrition. This will help to teach children to see these products as ones to be enjoyed occasionally as part of a balanced diet rather than every day.

What is included?

Savoury and sweet products including but not limited to pies, pastry square, croissants, choux pastry, butteries and Danish pastries.

Practical guidance

- When provided as part of the analysed school lunch or school hostel evening meal they must be included in the nutritional analysis.
- Confectionery on or in these products is not permitted.
- Alternatives to pastry top pies may be to use sliced or mashed potatoes or vegetables.
- When using pastry, use smaller portions.
- Staff serving lunches and staff providing food at other times of the day must co-ordinate provision between them to ensure that this standard is applied across the school week as a total. This is particularly important where lunchtime provision and provision at other times of the day, for example a breakfast club, are managed by different teams in catering and education.

Oils and spreads

Standard 11

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**Oils must contain a total saturated fat content which does not exceed 16g per 100g and:** **(a) a total monounsaturated fat content of at least 55g per 100g; or** **(b) a total polyunsaturated fat content of at least 30g per 100g.** **Fat spread must contain:** **(a) a total saturated fat content which does not exceed 20g per 100g; and** **(b) a combined total monounsaturated and polyunsaturated fat content of at least 30g per 100g.**

Why is this standard important?

As part of a healthy diet, it is not only important to cut down on the amount of total fat eaten, but also to replace saturated fats with unsaturated fats (e.g. polyunsaturated and monounsaturated fats), which are a healthier alternative.

Saturated fats contribute to the risk of heart disease by raising blood cholesterol levels. Replacing saturated fats with unsaturated fats can lower blood cholesterol and help to reduce risk of heart disease.

This means that butter, hard margarines, lard and some cooking oils are not appropriate for use in a school setting.

What types of oils are likely to be suitable?

Oils which are rich in monounsaturated and/or polyunsaturated fats are likely to include: olive, rapeseed (canola), safflower, sunflower, corn, soya, walnut, linseed, sesame seed and nut oils (refer to allergy policies).

What types of fat spreads are likely to be suitable?

Spreads which are rich in monounsaturated/polyunsaturated fats are likely to include rapeseed, olive oil, sunflower and soya based choices.

Practical Guidance

- To help meet the nutrient standards for total fat and saturated fat for analysed school lunches and school hostel evening meals, and to reduce the amount of total fat and saturated fat that is provided across the rest of the school day, use oils and fats spreads sparingly by:
    - grilling or oven baking food instead of frying;
    - limiting the amount of oils in cooking and dressings; and
    - limiting the amount of fat spreads added to bread, sandwiches, potatoes and vegetables.

Salt and Other Condiments

Standard 12

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**No salt can be made available to add to food after the cooking process is complete.** **Condiments (if provided) must be dispensed in no more than 10ml portions.**

Why is this standard important?

Often children consume more salt than they need, which could have an effect on their health in the future. Eating too much salt increases the risk of high blood pressure, which may then lead to heart disease and stroke.

It is the sodium in salt that can have harmful effects on health. Some foods contain other forms of sodium, such as those used as flavour enhancers (e.g. monosodium glutamate) and raising agents (e.g. sodium bicarbonate).

Too much salt, too often will give children a taste for salty food and they will be more likely to continue eating too much salt when they grow up. Whilst most salt in the diet comes from manufactured products, it is important to limit the amount used during and after cooking.

Condiments are often high in fat, sugar and/or salt.

What is included?

All salts and condiments including but not limited to: table salt, sea salt, tomato ketchup, brown sauce, mayonnaise, salad cream, French dressing, mustard, soy sauce, Worcestershire sauce, barbecue sauce, tabasco sauce, plain and creamed horseradish sauce, mint sauce, mint jelly, tartare sauce, pickles and relishes.

Practical guidance

- Salt used in the cooking process for analysed school lunches and hostel evening meals must be included in the nutritional analysis.
- Condiments provided as part of the analysed school lunch or hostel evening meal must be included in the nutritional analysis.
- Only serve condiments on request, keeping them away from till points.
- Only provide condiments when a meal requires them for palatability for example tomato ketchup with a burger/meat substitute which may otherwise be too dry without it.
- Use healthier alternatives such as dressings or sauces made with natural yoghurt enhanced with suitable flavourings such as herbs.
- Limit the amount of salt and other condiments which have a higher salt content, for example soy sauce, used in cooking, replacing them with other flavourings such as garlic, lemon juice, herbs and spices.
- Choose foods that have a lower salt content when procuring manufactured foods.
- Use lower fat, sugar and salt versions of condiments where possible.

Confectionery

Standard 13

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**No confectionery can be made available in any place within school premises.**

Why is this standard important?

Confectionery items contain large amounts of free sugar and some also contain high amounts of fat. These foods are high in energy (calories) but provide very few nutrients such as protein, vitamins and minerals and fibre. Sugar-free sweets also provide little nutritional value and could displace other more nutritious food from the diet.

This standard aims to improve dental health by reducing the frequency that young people consume sugars. It also aims to improve the overall diet by restricting foods high in sugar and fats.

What does the term confectionery include?

The term confectionery refers to the following groups of products.

- **Chocolate in any form, any product containing or wholly or partially coated with chocolate and any chocolate flavoured substance, but excludes cocoa powder used in sweetened and baked products and drinks:** e.g. bars of milk, plain or white chocolate, chocolate flakes, chocolate buttons, chocolate chips, chocolate filled eggs, chocolate drizzled products such as biscuits or chocolate covered products such as choc ices.
- **Non-chocolate confectionery (whether or not containing sugar):** e.g. boiled, gum/gelatine, liquorice, mint and other sweets, lollipops, fudge, tablet, toffee, sherbet, marshmallows, chewing gum or processed fruit sweets and bars.
- **Any sugared or wholly or partially yoghurt-coated products: e.g. sugared or yoghurt coated fruit and nuts or yoghurt drizzled cereal bars and biscuits.**

What is permitted?

Cocoa powder (not drinking chocolate) can be used in cakes, biscuits, puddings and drinks in order to allow caterers flexibility in devising their menus. However, any product which is available as part of the analysed school lunch will need to be included in the nutritional analysis. These products would also need to meet the relevant criteria for the appropriate standard where they are provided at other times of the day.

Practical guidance

- No confectionery can be provided at any time of the day either as a separate product such as a chocolate bar in a vending machine or as an ingredient in products under any other standard such as glace cherries in sweetened baked goods or chocolate chips in pastry items.

Drinks

Standard 14

Secondary school analysed lunch **AND** **All other times of the secondary school day including non-analysed school lunch options breakfast clubs, mid-morning break, tuckshops, vending machines, nurture groups and after-school clubs** **AND** **School Hostel evening meal for secondary aged young people**	**Free drinking water must be provided. In addition the following drinks can be provided:** • **Plain still or sparkling water.** • **Plain, lower fat milk** • **Plain, lower fat, calcium enriched milk alternatives.** • **Tea and coffee.** • **No added sugar, lower fat milk drinks.** • **No added sugar, lower fat drinking yoghurts.** • **Sugar-free drinks (excluding high caffeine - 150mg per litre).**

Why is this standard important?

Water and lower fat milk are the preferred drinks for young people to quench thirst. Milk can be a good source of protein, vitamins and minerals especially calcium which is needed to build healthy bones and teeth.

Milk contains a high percentage of water and is therefore also good for hydration. The high levels of calcium and phosphate in milk help to remineralise tooth enamel after it has been exposed to sugary or acidic substances (e.g. acidic flavourings).

Lower fat milk drinks such as drinking yoghurts, flavoured milk and hot chocolate are permitted only where they do not contain any added sugar including for example lactose. This will allow choice and variety but without contributing to free sugar consumption across the day.

Plain, lower fat, calcium enriched milk alternatives can be provided.

Lower fat milk and milk drinks, for example semi-skimmed and skimmed milk, contain similar nutrients to those present in full fat milk but with less fat.

The 2020 Regulations require that every pupil must have access to free drinking water across the day.

The rest of the drinks set out above are 'permitted drinks' which means that they are not required to be served but rather that they can be served at the discretion of schools, local authorities and other providers such as staff responsible for breakfast clubs or tuckshops.

Definitions for these drinks can be found at Annex A.

Practical advice

- Limit the number of occasions you provide drinks, other than water or plain milk, to help encourage young people to see these drinks as an occasional choice rather than to expect them every day.
- Consideration should be given to portion sizes to ensure that they are appropriate for different age groups and settings.
- Place plain still or sparkling water and plain milk in more prominent positions than other drinks to encourage young people to choose them first.
- Where tea and coffee is offered, keep sugar and sweeteners out of sight where possible and only provide them on request.
- Please refer to Annex C for advice on the use of sweeteners in schools.

Foods not listed in the school food and drink standards

Not all individual foods are covered by the food and drink standards particularly as new products are emerging all the time. However, it is essential that careful consideration is given to all foods provided, both now and in the future, to ensure the choices support the ethos of the health promoting school, putting the health of young people at the centre of every decision.

All foods and drinks provided as part of the analysed school lunch or school hostel evening meal for secondary aged young people must be included in the nutritional analysis.

When deciding what foods to provide, stop and think…… is this a food we should be promoting to young people in a health promoting school?

Section 5:

Nutrient standards for primary school lunches, secondary school analysed lunches and secondary school hostel evening meals



These nutrient standards are based on the most up-to-date scientific evidence and dietary advice about the amount of energy and nutrients needed by school age children and young people as set out in the following sources:

- Dietary Reference Values for Food Energy and Nutrients for the United Kingdom[17] (COMA);
- Salt and Health[18] (SACN);
- Dietary Reference Values for Energy[19] (SACN); and
- Carbohydrates and Health[20] (SACN).

Table 5 sets out the amount of **energy (calories), the minimum levels for key nutrients and the maximum levels for total fat, saturated fat, free sugars and sodium that must be contained in** an average day's primary school lunch, secondary school analysed lunch and secondary school hostel evening meal.

17 https://www.gov.uk/government/publications/coma-reports
18 https://www.gov.uk/government/publications/sacn-salt-and-health-report
19 https://www.gov.uk/government/publications/sacn-dietary-reference-values-for-energy
20 https://www.gov.uk/government/publications/sacn-carbohydrates-and-health-report

Table 5: Statutory nutrient standards for schools

	An average day's primary school lunch	An average day's secondary school analysed lunch and secondary hostel evening meal
Energy (calories/ kilojoules)	**518 kcals**(+/- 78Kcals) **2165 kJ**(+/- 325kJ)	**745 kcals**(+/-112kcals) **3114 kJ(**+/-467kJ)
Total fat	**Not more than 20.1 g**	**Not more than 29.0 g**
Saturated fat	**Not more than 6.3 g**	**Not more than 9.1 g**
Total carbohydrate	**Not less than 69.1 g**	**Not less than 99.3 g**
Free Sugar^	**Not more than 10.4 g**	**Not more than 14.9 g**
Fibre (AOAC*)	**Not less than 6 g**	**Not less than 9 g**
Protein	**Not less than 19.4 g**	**Not less than 27.9 g**
Iron	**Not less than 3 mg**	**Not less than 4.4 mg**
Calcium	**Not less than 165 mg**	**Not less than 300 mg**
Vitamin A	**Not less than 150 µg**	**Not less than 187 µg**
Vitamin C	**Not less than 9 mg**	**Not less than 11 mg**
Folate	**Not less than 45 µg**	**Not less than 60 µg**
Sodium◊	**Not more than 686 mg**	**Not more than 824 mg**
Zinc	**Not less than 2.1 mg**	**Not less than 2.8 mg**

kcals = kilocalories; **kJ** = kilojoule; **g** = grams; **mg** = milligrams; **µg** = micrograms

*The fibre value is based on the AOAC methodology.

◊ For information on how to convert salt to sodium or sodium to salt, refer to the Nutritional Analysis Manual

^ refer to annex 1 for the definition of free sugar

The figures for nutrients have been designed to bring provision in line with achievement of the Scottish Dietary Goals. However, the figure set for free sugar is 7.5% of food energy requirements instead of the 5% set out in the Scottish Dietary Goals. This will ensure that free sugar provided as part of the school lunch and school hostel evening meal is significantly reduced but recognises the severity of moving to a 5% target in one step.

Further detail on what these nutrient standards are based on can be found at Annex E

What does this mean for menu planning

Caterers must plan their menus using the food and drink standards to ensure that the food and drinks on offer over a school week average out to meet the nutrient standards set out in Table 5.

Consideration should also be given to menu planning where a school lunch service and a school hostel evening meal service are being provided by different staff. Co-ordinating menus will help to avoid duplication and ensure variety across the week.

The weekly tolerance for energy and the new daily tolerance for energy will be applied automatically to primary school lunches, analysed secondary school lunches and secondary school hotel evening meals by nutritional analysis software. The nutrient standards do not include a tolerance for any other nutrient set out in Table 5.

Advice on portion sizes

As the new values set out in Table 5 are an average across a wide age range, caterers will need to ensure that they use their professional judgement to adjust portion sizes served depending on age and stage of development of each child or young person.

Refer to local guidance for further advice.

Advice on reasonable adjustments

The 2020 Regulations are designed to ensure children and young people are offered a balanced and nutritious diet that reflects the Eatwell Guide and is based on the dietary advice set out in the Scottish Dietary Goals. The Regulations are designed to be flexible enough to allow local authorities to make reasonable adjustments to meet the needs of a wide range of dietary choices. When deciding what is a 'reasonable adjustment' authorities and schools should consider whether the circumstances of the request justify an adjustment to the main menu or can best be accommodated by providing a pre-arranged separate meal each day.

For example:
A vegetarian request can be accommodated by incorporating a meat free dish into the menu each day.

Where numbers requesting a particular dietary choice are small, for example Halal or Vegan, it may be more appropriate to offer those children and young people a pre-arranged separately provided meal. Where this is done, it would be good practice to offer something that broadly reflects the menu of the day by using as many of the same ingredients as possible. This will help to ensure that children and young people do not feel stigmatised and discouraged from taking a school meal.

Requests that are based on personal taste such as requesting the same sandwich each day would not be considered as a reasonable adjustment given the aim of the school meal service is to provide children and young people with balanced and nutritious meals across the week.

Secondary school analysed lunches

A secondary school analysed school lunch should:

- Provide 2 courses which meets the nutrient standards set out in Table 5;
- Offer a minimum of 2 options for a main course and at least one other course;
- Include not less than two portions of vegetables and one portion of fruit;
- Be available for no more than the value of a free school meal; and
- Be clearly marked on the menu.

You may wish to consider how you promote this meal to encourage it as a positive choice for all young people. For example calling it 'today's special'.

Inclusion of a drink with this lunch is at the discretion of the catering provider (free drinking water should always be provided). If a drink is included as part of the secondary school analysed lunch it must be included in the nutritional analysis.

SECTION 5: NUTRIENT STANDARDS FOR PRIMARY SCHOOL LUNCHES, SECONDARY SCHOOL ANALYSED LUNCHES AND SECONDARY SCHOOL HOSTEL EVENING MEALS

Further information can be found in the Nutritional Analysis Manual available on the Education Scotland website.

Nutritional Analysis Manual

This manual shows catering providers and local authorities how to conduct a nutritional analysis of a school menu to determine compliance with the nutrients standards for:

- primary school lunches,
- secondary school analysed lunches; and
- school hostel evening meals for secondary aged children and young people.

The aim is to support a consistent approach across Scotland in delivering the statutory nutrient standards.

Section 6:

Summary of the Food and Drink Standards across the School Day



Table 6: Summary of primary school provision for food and drink across the whole school day including hostel evening meals

	Primary School meals **Including: School Lunch**	**Outwith the primary School Lunch** **Including: breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Fruits and Vegetables	Not less than two portions of vegetables shall form part of the school lunch. Not less than one portion of fruit shall form part of the school lunch. A portion is 40g. A portion of dried fruit is 15g.	Portions of fruit and/or vegetables must be made available in any place within the premises where food is provided. A portion is 40g. A portion of dried fruit is 15g.
Oily Fish	Oily fish must be provided at least once every three weeks.	No standard.
Red and Red Processed Meat	No more than 175g of red and red processed meat is permitted over the course of the school week, of which no more than 100g should be red processed meat. This applies as a total to all outlets offering red and red processed meats for example a lunchtime salad bar offering ham pasta.	Red and red processed meat is not permitted.

	Primary School meals **Including: School Lunch**	**Outwith the primary School Lunch** **Including: breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Sweetened Baked Products and Desserts	Sweetened baked products and desserts cannot be served more than three times per week. When served they should contain no more than 15g of total sugar per portion.	Only products meeting the following criteria can be provided: • No more than 7g of total sugar per portion. • No more than 13g of fat per portion. • No more than 4g of saturated fat per portion.
Breakfast Cereals	Only breakfast cereals meeting the following criteria can be provided: • No more than 15g of total sugar per 100g. • No more than 440mg of sodium per 100g. • No more than 1.1g of salt per 100g. • At least 3g of fibre per 100g.	
Deep Fried and fried Foods	Food that has been deep fried in the cooking or manufacturing process shall not be permitted more than three times in a week. Chips, if served, must be served as part of a meal.	No fried foods can be available outwith the school lunch, with the exception of savoury snacks that meet the criteria outlined in standard 7.

<table>
<tr><th></th><th>Primary School meals

Including: School Lunch</th><th>Outwith the primary School Lunch

Including: breakfast clubs, tuckshops, morning break, vending machines and after school clubs</th></tr>
<tr><td rowspan="2">Savoury Snacks</td><td colspan="2">The following savoury snacks can be provided:
plain savoury crackers
plain oatcakes
plain breadsticks</td></tr>
<tr><td></td><td>In addition, only pre-packaged savoury snacks meeting the following criteria can be provided:
Pack size of no more than 25g.
No more than 22g of fat per 100g.
No more than 2g of saturated fat per 100g.
No more than 600mg of sodium per 100g.
No more than 1.5g of salt per 100g.
No more than 3g of total sugar per 100g.</td></tr>
<tr><td>Bread</td><td colspan="2">All Bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.</td></tr>
</table>

	Primary School meals **Including: School Lunch**	**Outwith the primary School Lunch** **Including: breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Sweetened Yoghurts, Fromage Frais and other milk-based desserts	Only sweetened yoghurt, fromage frais and other milk-based desserts meeting the following criteria can be provided: • Maximum portion size of 125g. • No more than 10g of total sugar per 100g. • No more than 3g of fat per 100g.	
Pastry and Pastry Products	Pastry and pastry products must not be provided more than twice a week across the school day.	
Oils and Spreads	Oils must contain a total saturated fat content which does not exceed 16 grams per 100 grams and: (a) a total monounsaturated fat content of at least 55 grams per 100 grams; or (b) a total polyunsaturated fat content of at least 30 grams per 100 grams. Fat spread must contain: (a) a total saturated fat content which does not exceed 20 grams per 100 grams; and (b) a combined total monounsaturated and polyunsaturated fat content of at least 30 grams per 100 grams.	
Salt and Condiments	No salt shall be available to add to food after the cooking process is complete. Other condiments may be available to pupils only in individual portions of no more than 10 millilitres.	

	Primary School meals **Including: School Lunch**	**Outwith the primary School Lunch** **Including: breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Confectionery	No confectionery shall be made available in any place within school premises. Either as a separate item such as a chocolate bar or as an ingredient in products under any other standard such as sweetened baked goods or pastry items.	
Drinks	The only drinks that can be provided are: • Plain still or sparkling water • Plain lower fat milk and calcium enriched milk alternatives • No added sugar, lower fat milk drinks • No added sugar, lower fat drinking yoghurts	

Table 7: Summary of Secondary school provision for food and drink across the whole school day including hostel evening meals

	At the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils	**Outwith the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils** **Including: the non analysed school lunch options, breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Fruits and Vegetables	Not less than two **portions** of vegetables shall form part of the analysed school lunch. Not less than **one portion** of fruit shall form part of the analysed school lunch. A portion is 80g. A portion of dried fruit is 30g.	Portions of fruit and/or vegetables must be made available in any place within the premises where food is provided. A portion of salad or vegetables must be provided and included in the cost of any main lunch item. A portion is 80g. A portion of dried fruit is 30g.
Oily Fish	Oily fish must be provided at least once every 3 three weeks. This standard also applies separately to oily fish being provided as part of a school hostel evening meal for secondary aged pupils.	

	At the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils	**Outwith the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils** **Including: the non analysed school lunch options, breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Red and Red Processed Meat	No more than 230g of red and red processed meat is permitted over the course of the school week, of which no more than 130g should be red processed meat. This applies as a total to all outlets offering red and red processed meats throughout the school day for example breakfast provision, mid-morning break and a lunchtime salad bar offering ham pasta. In addition, where red and red processed meat is being provided as part of a school hostel evening meal for secondary aged pupils, no more than 115g of red meat can be provided of which no more than 65g can be red processed meat.	
Sweetened Baked Products and Desserts	Only products meeting the following criteria can be provided: • No more than 10g of total sugar per portion. • No more than 19g of fat per portion. • No more than 6g of saturated fat per portion.	

	At the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils	Outwith the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils Including: the non analysed school lunch options, breakfast clubs, tuckshops, morning break, vending machines and after school clubs
Breakfast Cereals	Only breakfast cereals meeting the following criteria can be provided: • No more than 15g of total sugar per 100g. • No more than 440mg of sodium per 100g. • No more than 1.1g of salt per 100g. • At least 3g of fibre per 100g.	
Deep Fried and fried Foods	Food that has been deep fried in the cooking or manufacturing process shall not be permitted more than three times per week (with the exception of savoury snacks that meet the criteria detailed below). Chips, if served, must be served as part of a meal. This standard also applies separately to deep fried and fried foods being provided as part of a school hostel evening meal.	

	At the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils	**Outwith the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils** **Including: the non analysed school lunch options, breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Savoury Snacks	The following savoury snacks can be provided: • plain savoury crackers • plain oatcakes • plain breadsticks In addition, only pre-packaged savoury snacks meeting the following criteria can be provided: • Pack size of no more than 25g. • No more than 22g of fat per 100g. • No more than 2g of saturates per 100g. • No more than 600mg of sodium per 100g. • No more than 1.5g of salt per 100g. • No more than 3g of total sugar per 100g.	
Bread	All Bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.	

	At the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils	Outwith the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils Including: the non analysed school lunch options, breakfast clubs, tuckshops, morning break, vending machines and after school clubs
Yoghurts, Fromage Frais and Other Milk-based Desserts	Only sweetened yoghurt, fromage frais and other milk-based desserts meeting the following criteria can be provided: • Maximum portion size of 175g. • No more than 10g of total sugar per 100g. • No more than 3g of fat per 100g.	
Pastry and Pastry Products	Pastry and pastry products must not be provided more than twice a week across the school day. This standard also applies separately to pastry and pastry products being provided as part of a school hostel evening meal	

	At the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils	**Outwith the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils** **Including: the non analysed school lunch options, breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Oils and Spreads	Oils must contain a total saturated fat content which does not exceed 16 grams per 100 grams and: (a) a total monounsaturated fat content of at least 55 grams per 100 grams; or (b) a total polyunsaturated fat content of at least 30 grams per 100 grams. Fat spread must contain: (a) a total saturated fat content which does not exceed 20 grams per 100 grams; and (b) a combined total monounsaturated and polyunsaturated fat content of at least 30 grams per 100 grams.	
Salt and Condiments	No salt shall be available to add to food after the cooking process is complete. Other condiments may be available to pupils only in individual portions of no more than 10 millilitres.	
Confectionery	No confectionery shall be made available in any place within school premises. Either as a separate item such as a chocolate bar or as an ingredient in products under any other standard such as sweetened baked goods or pastry items.	

	At the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils	**Outwith the Secondary School Analysed Lunch and School Hostel evening meal for secondary aged pupils** **Including: the non analysed school lunch options, breakfast clubs, tuckshops, morning break, vending machines and after school clubs**
Drinks	The only drinks that can be provided are: • Plain still or sparkling water. • Plain lower fat milk and calcium enriched milk alternatives. • Tea and coffee. • No added sugar, lower fat milk drinks (e.g. flavoured and hot chocolate). • No added sugar, lower fat drinking yoghurts. • Sugar-free drinks (excluding high caffeine – 150 mg per litre).	

Annexes

Annex A: Definitions

Free sugar means:

- all sugars in table sugar, honey, sucrose, glucose and glucose syrups and lactose or galactose added to foods (including whey powder);
- all sugars in drinks including sugars naturally present in fruit and vegetable juices and the fruit and vegetable component of smoothies, and sugars in milk substitutes but not lactose naturally present in milk or in products containing milk; and
- all sugars in fruit and vegetable purees and pastes, including jam and preserves, and products made from extruded fruit or vegetables, (but not the sugars integrally present in the cells of foods such as fruit and vegetables, including in dried, stewed or canned fruit).

Total sugars means:

- all sugars including free sugar, the sugars naturally present in milk and the sugars integrally present in the cells of foods such as fruit and vegetables, including in dried, stewed or canned fruit.

Red meat means:

- Beef, goat, lamb, pork and venison, and offal from the sources of such meat.

Red processed meat means:

- Red meat that has been preserved through salting, curing, smoking or adding preservative but does not include red meat to which ingredients such as eggs or breadcrumbs have been added.

No added sugar lower fat milk drinks means:

- Lower fat milk drinks containing no more than 0.5g of free sugar per 100ml, no more than 5g of total sugar per 100ml and no more than 1.8ml of total fat per 100ml.

No added sugar lower fat drinking yoghurts means:

- Lower fat drinking yoghurts containing no more than 0.5g of free sugar per 100ml, no more than 5g of total sugar per 100ml and no more than 1.8g of total fat per 100ml.

Lower fat milk means:

- Milk containing no more than 1.8g of total fat per 100ml.

Calcium enriched milk alternatives means:

- Calcium enriched milk alternatives containing no more than 1.8g of total fat per 100ml and no more than 0.5g of total sugar per 100ml.

Sugar free soft drinks means:

- Sugar free soft drinks containing no more than 0.5g of total sugar per 100ml and no more than 150mg of caffeine per litre.

Annex B: General guidance on consideration of the role food plays in our cultural traditions, religious beliefs and faiths.

Our cultural traditions, religious beliefs and faiths can have a significant impact on the kind of food we eat, how it is prepared and even how or when it is eaten. Many faith and belief communities provide guidance on what is considered appropriate to eat in order to demonstrate and practice their faith or belief and each culture will have its own recipes, traditions and ways of cooking food.

Many schools in Scotland have a diverse population and this can provide excellent opportunities for including new foods, cooking methods and recipes in school menus. To maximise on those opportunities, local authorities may wish to work with their school communities to include a statement within their school food policy that reflects the diversity of their particular school population. Doing so can promote inclusion and may encourage more children and young people to take school lunches particularly if they can recognise their own cultures, foods and traditions in the school food policy and menus.

Annex C: Advice on the use of sweeteners

All intense and non-caloric sweeteners that are used in the UK and EU undergo a rigorous safety assessment by the European Food Safety authority (EFSA).

While sweeteners are safe for consumption, their use in school food and drink should be carefully considered to ensure that we do not simply replace sugary products with sweetened products that continue to teach children's and young people's palates to expect sweet tasting food and drink and may lead to them making less healthy choices outside of school.

Annex D: References

National Diet and Nutrition Survey Rolling programme Results from Years 1-4 (combined) for Scotland (2008/09-2011/12)

Scottish Health Survey Report 2019

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21 The Scientific Advisory Committee on Nutrition (SACN) was set up in the year 2000 to replace he Committee on Medical Aspects of Food Policy (COMA). The SACN is a committee of scientific experts that provide advice to the Food Standards Agency and Health Departments and Directorates across the United Kingdom.

Annex E: Nutrient standards – what they are based on

Primary Nutrient Standards

			Unit	*Primary (aged 5-11 years)*
Energy	30% of EAR[22] for 5-11 year olds[23]		Kcals/ kJ	518 kcals (+/- 78 kcals) 2165 kJ (+/- 325 kJ)
Total Fat	Not more than 35% of food energy	Max	g	20.1
Saturated Fat	Not more than 11% of food energy	Max	g	6.3
Total Carbohydrate	Not less than 50% of food energy	Min	g	69.1
Free Sugar	Not more than 7.5% of food energy	Max	g	10.4
Fibre (AOAC)	Not less than 30% of recommended intake[24]	Min	g	6.0
Protein	Not less than 15% of food energy	Min	g	19.4
Iron	Not less than 35% of RNI[25]	Min	mg	3
Calcium	Not less than 30% of RNI[24]	Min	mg	165
Vitamin A	Not less than 30% of RNI[24]	Min	µg	150

22 Estimated Average Requirement
23 Weighted 51% male and 49% female
24 For children aged 5 to 11 years
25 Reference Nutrient Intake for 7-10 years

			Unit	*Primary (aged 5-11 years)*
Vitamin C	Not less than 30% of RNI[24]	Min	mg	9
Folate	Not less than 30% of RNI[24]	Min	µg	45
Sodium	Not more than 35% of maximum recommended intake[26]	Max	mg	686
Zinc	Not less than 30% of RNI[24]	Min	mg	2.1

Secondary Nutrient Standards

			Unit	*Secondary (aged 11-18 years)*
Energy	30% of EAR[27] for 11-18 year olds[28]		Kcals/ kJ	745 kcals (+/- 112 kcals) 3114 kJ (+/- 467 kJ)
Total Fat	Not more than 35% of food energy	Max	g	29.0
Saturated Fat	Not more than 11% of food energy	Max	g	9.1
Total Carbohydrate	Not less than 50% of food energy	Min	g	99.3
Free Sugar	Not more than 7.5% of food energy	Max	g	14.9

26 For 7-10 years
27 Estimated Average Requirements
28 Weighted 51% male and 49% female, 52.8% 11-14 years and 47.2% 15-18 years

			Unit	*Secondary (aged 11-18 years)*
Fibre (AOAC)	Not less than 30% of recommended intake[29]	Min	g	9.0
Protein	Not less than 15% of food energy	Min	g	27.9
Iron	Not less than 30% of RNI[30]	Min	mg	4.4
Calcium	Not less than 30% of RNI[29]	Min	mg	300
Vitamin A	Not less than 30% of RNI[31]	Min	µg	187
Vitamin C	Not less than 30% of RNI[30]	Min	mg	11
Folate	Not less than 30% of RNI[30]	Min	µg	60
Sodium	Not more than 35% of maximum recommended intake[32]	Max	mg	824
Zinc	Not less than 30% of RNI[29]	Min	mg	2.8

29 For adolescent aged 16 to 18 years
30 Reference Nutrient Intake for 15-18 year old males or females (highest value used)
31 Reference Nutrient Intake for 11-14 and 15-18 year old males and females (average value used)
32 For 11+ years



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