



Community and Enterprise Resources
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Facilities Waste and Grounds Services

BRIEFING NOTE

SUBJECT: NUTRIENT STANDARDS FOR SCHOOLS & SPECIAL DIET PROCEDURE

NUTRIENT STANDARDS FOR SCHOOLS

School meals in Scotland have undergone a transformation due to the Hungry for Success initiative. The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 builds on Hungry for Success and requires Local Authorities to ensure that food and drink provided in schools comply with the nutritional requirements specified by Scottish Ministers contained in the regulations.

The Act also makes health promotion a central purpose of schooling.

The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008

Two sets of standards for school lunches:

- Nutrient standards, which set out the proportion of nutrients that pupils should receive from an average day's school lunch
- Food standards and drink standards, which define the types of food and drinks that pupils should be offered in a school lunch and their frequency as well as setting nutritional requirements for specific types of food and drink which, may be provided.

And

- Food standards and drink standards for schools serving food and drinks out with the school lunch, e.g. breakfast clubs, tuck shops, vending machines, mid-morning services and after school clubs

The areas we look at while analysing the menus are: Energy/kcals: an average day's lunch should contain: 557 for primary meals 664 for High school meals

We have a maximum standard for: Total fat, Saturated Fat, Sugar/NME's/Free sugar & Sodium.

This tells us the maximum of these nutrients we can allow within a meal.

These are the things that are regarded as generally not good for us in large amounts and should only be eaten in small quantities. These are the nutrients that the government and health officials are targeting which do the most damage to the health of our future population.

They want to be able to ensure that through school food and Healthy Eating education that we can have an impact on the health of our children & young people before they reach adulthood.

We also have a minimum standard for: Protein, Total carbohydrate, Fibre, Iron, Calcium, Vitamin A, Vitamin C, Folate and Zinc.

To ensure that we comply with the nutrient standards set by the government, we analyse all our meals that we provide to the pupils at lunchtime and to ensure consistency and compliance we produce a menu pack for all kitchens detailing the ingredients, cooking method and the portion size of each menu item and a picture of how this should look.

The standards tell us what we can provide and what we are not allowed to provide.

These include:

- 1. Fruit and vegetables** - A choice of at least two types of vegetables and two types of fruit (not including fruit juice) must be provided every day as part of the school lunch.
- 2. Oily fish** - must be provided at least once every three weeks.
- 3. Variety of extra bread** - Additional bread must be provided every day as a meal accompaniment, with a variety of bread, which must include brown or wholemeal, being provided over the week.
- 4. Oils and spreads**- Only oils and spreads high in polyunsaturated and/or monounsaturated fats can be used in food preparation. We use Flora

The foods that are restricted in our lunch menus are:

- 5. Deep-fried foods**- Menus must not contain more than three deep-fried items in a single week (including chips). This includes products which are deep-fried in the manufacturing process. Chips, if served, must be served as part of a meal.
- 6. Table salt and other condiments**- Additional salt cannot be provided. Condiments (if provided) must be dispensed in no more than 10ml portions.

The foods that are not allowed on our lunch menus

- 7. Confectionery** - No confectionery can be provided.
- 8. Savoury snacks** -No snacks can be provided except savoury crackers, oatcakes or breadsticks.

For items to be included on our menus we have to conduct menu trials and receive feedback on popular menu items and on what the pupils would like to see on the menu, bearing in mind the restrictions that we have with the Nutrient standards. This is done in schools across South Lanarkshire with pupils and we have a Menu Development Officer and local Facility Officers who will attend pupil council meetings for the pupil feedback.

We currently supply meals over 5 million to 126 primary schools, 17 high schools and some nurseries. We can never please everyone and we do have our challenges which can include “fussy eaters” etc. We try to ensure that there is something on the menu that most children can enjoy.

Link to Food & Drink Regulations

<http://www.gov.scot/resource/doc/238187/0065394.pdf>

SPECIAL DIET PROCEDURE

We have a special diet policy and classify diets into 3 groups:

- Food allergy and intolerances
- Medically prescribed diets
- Diets relating to religious or cultural beliefs

Within the menu pack that we provide for the schools we also include the 14 declarable allergens. This gives information on all our food items and the declarable allergens that are contained within them. For any child who has an allergy they should be registered for a special diet through our special diet procedure. This allows us to ensure that all the food is checked and a diet that is suitable for them is provided where possible.

At the moment we have 151 special diets registered for primary schools and 35 in High Schools. We know that this is probably more out there that are not registered with us. To ensure that we have a robust approach and that all children who wish to come for lunch can do so these forms need to be completed. Some special diets can be straight forward whilst some can be very diverse and complex.

We have information on our website which gives the three week menu, pictures, recipes, allergens and nutritional information on all of our menu items.

We work closely with Dieticians in Lanarkshire & Greater Glasgow NHS and create special diets for a 3 week menu cycle which is made for each individual child based around the existing menu so that pupil does not stand out and also for production reasons for the CIC.

This is a growing area and we believe is only the “tip of the iceberg”, we need your assistance to identify and capture all special diets which safeguard not only the pupils but the Council.

Link to special diet policy SLC website:

https://www.southlanarkshire.gov.uk/info/200186/primary_school_information/291/school_lunches/4

CONTACTS FOR FURTHER INFORMATION:

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Joyce Goodwin, Menu Development Officer - Telephone: 01698 452091 or email: joyce.goodwin@southlanarkshire.gov.uk

Pupils & Parents/Carers can email us direct to provide feedback on our menus to: GoFreshGang@southlanarkshire.gov.uk

Other useful links:

<http://www.gov.scot/Publications/2017/10/1050> - “A Healthier Future” - Scottish Government

<http://www.gov.scot/Publications/2014/05/4143> - “Beyond the School Gates”

<http://www.gov.scot/resource/0044/00445740.pdf> - “Better Eating Better Learning”

https://www.southlanarkshire.gov.uk/info/200186/primary_school_information/291/school_lunches - Link to SLC website for menu & allergen information

