

## **New School Foods Regulations - Secondary Schools**

New Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020 was introduced by the Scottish Government starting in April 2021.

The changes to the regulations are based on current scientific evidence to support the health and well-being of young people in the school setting.

The food and drink provided across the school day is intended to support progress towards achieving Scottish Dietary goals. Resulting changes will help to ensure that young people have access to nutritionally balanced school lunches.

To comply with the guidance, we have made significant changes to :-

- increase access to fruit and vegetables,
- reduce the sugar content in the menu and
- reduce the amount of red and processed red meats.

To improve provision of fruits and vegetables both will feature more prominently in a range of options and included in a number of our in house recipes.

Based on new requirements there has been a change to the types of soft drinks on offer. To reduce sugar content Smoothies and fruit juices have been removed and a selection of drinks that conform to regulations are now available.

The provision of red and red processed meat options has been reduced to conform with the recommended allowance of 230 grams over a week.

We would hope to continue work with our recipes and suppliers to expand on the alternatives that could be offered in the future.

*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. Our hope is that by everyone 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.*