



## **The Schools (Health Promotion & Nutrition) Scotland Act 2007**

### **How does this affect schools?**

- Schools have a duty to be 'health promoting'.
- Schools should continue to consider, encourage and promote healthier options in all aspects of food and drink within the school community.
- All food and drink provided in schools must comply with specified nutritional requirements.

## **The Nutritional Requirements for Food and Drink in schools (Scotland) Regulations 2008**

### **The standards apply to:-**

- The nutrient standards which pupils should receive from an average school lunch.
- The food and drinks served outwith the school lunch but offered to pupils during the school day. eg breakfast clubs, tuckshops, vending machines, mid-morning services, community cafes and after school clubs.

### **When do the regulations **not** apply in school?**

When the food or drink is...

1. brought into school by parents or pupils including packed lunches.
2. provided for people who are not pupils unless it is a community café.
3. used in teaching food preparation and cookery skills but not included in a school meal.
4. part of a medically controlled diet for any pupil.
5. provided as part of a social, cultural or recreational activity eg school disco, sports days or cultural event such as Burns suppers or Christmas lunches. However, the organisers should still consider, encourage and promote healthier options.

## Packed Lunches



Foods that are not allowed under the Act cannot be banned from packed lunches.

However, we value your support in working in partnership with us to encourage healthier options being included in your children's packed lunches.

Many school trips involve pupils being out of school at lunchtime.

Remember that you can order a packed lunch from the school catering service.

## Snack Provision

Your school will have reviewed their provision of food and drink outwith school lunch provision to ensure they comply with the Act and 2008 requirements.

It is the responsibility of the whole school community to consider, encourage and promote healthier options for snacks.

*(See last page for ideas for snacks and drinks.)*

## What about Fair Trade goods?

Some of the 'fairly traded' food and drink fall outwith the nutritional requirements. eg Confectionery, cereal bars and chocolate can no longer be provided during the school day.

School communities will need to look again at their practice and look at providing alternative products.





# Celebrations & Special Events

*Birthdays / Burns Night / Easter / Christmas / Other World religions special days / End of term celebrations / school sports / charity events*

Many people feel that, as these are special/occasional events, we should have a relaxed attitude to food and drink and give children what we think they want rather than what is “good for them”.

**All foods are acceptable in moderation.** Any foods can take their place in a healthy balanced diet.

The important message is to have those foods which are high in sugar and fat as a **treat** rather than as an everyday food. Therefore, an occasional celebration/part as a special event is permissible under the Act.

## Think about this!

Many children grow up believing that anything healthy can't be nice and anything nice can't be healthy. Providing healthier foods at special/occasional events can help them to think about, and question, their beliefs. Fruits, salads and vegetables can be seen to be attractive and desirable precisely because they are part of such special events.

## Birthdays

Food and drink brought into school to celebrate birthdays is not covered by the regulations.

However, as the celebration of birthdays may occur frequently in some schools, the Aberdeenshire Education, Learning and Leisure Service endorses the fact that school communities should encourage and promote the wider school community to provide healthier options.

We would, therefore, discourage you from providing large sweet, sticky cakes in favour of more suitable alternatives. e.g. fruit, mini muffins.



# Healthier Baking

**Healthier baking includes snacks baked at home or in school for special and occasional events.**

*e.g. school fairs and/or other social events*

Home cooks and pupils/staff should always provide healthier home baking. Home baking contributes to the life of a school community and there are no plans to restrict it.

The regulations do not apply to food and drink used in teaching food preparation and cookery skills, provided that any food so prepared is not served to pupils as part of a school meal.

However, any food and drink chosen for such activities should reflect as far as possible, the ethos of the health promoting school.

The Aberdeenshire Education Learning and Leisure Service endorses the fact that school communities should encourage the wider school community to provide healthier options, if and when providing home baking for a social, cultural and/or recreational event.



*All activities should be in keeping with the ethos of a health promoting school.*



# 6 tips for healthier baking

1

## Use less sugar



Limit use of sugar, honey, jam and syrup to 12.5% (1/8).

2

## Use fruit and vegetables

Dried fruit, bananas, carrots, courgette, beetroot and apples can all be used in baking. Try substituting for some of the sugar in recipes.



3

## Use high fibre ingredients

Instead of using white flour, substitute with wholemeal flour, oats or seeds.

4

## Do not add any salt

Most recipes don't need any added salt. Baking powder and bicarbonate of soda contain salt.

5

## Use less fat

Cakes, biscuits and tray bakes can be made with 20% fat or less.

6

## Use unsaturated fat

Use liquid vegetable, rapeseed or olive oil which is used in many carrot cake recipes. If a 'buttery' taste is required, try adding half butter and half oil as a compromise.

# How can you help encourage healthier options in your child's packed lunch box and/or breacktime snack?

## FOODS THAT ARE OK!

### A variety of fruits and vegetables.

#### Whole pieces of fresh fruit eg

- apples, bananas, grapes, kiwi fruit, blueberries, oranges
- seasonal fruit – satsumas, strawberries, pineapples, raspberries

### Canned fruit in NATURAL juice.

- tomatoes
- carrot sticks
- celery
- salads
- cucumber
- pepper slices

## OK but SELECT WITH CARE!

### Yoghurt

There are many types of yoghurt and fromage frais available and the fat/sugar content of these varies.

Choose the lower fat varieties. Avoid yoghurts with 13% or more sugars 13g/100ml

Yoghurts containing confectionery *e.g. chocolate coated balls/flakes should not be encouraged.*

### Crisps/Savoury snacks

Think of the following when choosing:-

- pack size of no more than 25g
- no more than 22g of fat per 100g
- Savoury crackers, oatcakes and breadsticks can also be provided.

### Dried Fruit

- The dried fruit should have no added sugar or salt as the sugar content and stickiness of the fruit affects the teeth.

### Home-baking

- Flapjack, cakes, and biscuits can be made available as a snack if they meet the healthy home baking guidance also provided.
- Instead of chocolate, cocoa powder may be used in home baking.

## DRINKS

- Water (*from drinking fountain*)
- Mineral water (*still or carbonated*)
- Semi-skimmed, skimmed milk or lower fat drinks

## DRINKS

- Milk drinks
- Drinking yoghurts
- Soya, rice or oat drinks with calcium (*these 3 examples should have no more than 1.8g fat, 5g sugar per 100ml and 20g sugar per portion size*)
- Fruit juice/vegetable juice (*unsweetened/unsalted – no more than 200ml per portion*)
- Diluting juice (*no added sugar – no more than 200ml of juice*)

## **USEFUL WEBSITES**

### **The Schools (Health Promotion and Nutrition) (Scotland) Act 2007**

[www.scotland.gov.uk/Topics/Education/Schools/HLivi/foodnutrition](http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/foodnutrition)

### **Food Standards agency**

[www.food.gov.uk/healthierating/nutritionschools](http://www.food.gov.uk/healthierating/nutritionschools)

### **British Dental Foundation**

[www.dentalhealth.org.uk](http://www.dentalhealth.org.uk)

[www.takelifeon.co.uk](http://www.takelifeon.co.uk)

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

[www.5aday.nhs.uk](http://www.5aday.nhs.uk)

[www.greatgrubclub.com](http://www.greatgrubclub.com)