

## **New School Foods Regulations – Primary Schools**

We are now into the second week of our Spring & Summer 2021 menu cycle and further changes that enhance our menus are forthcoming.

The new primary menus commenced when pupils returned on the 19<sup>th</sup> of April and comply to the new Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020 introduced by the Scottish Government starting in April 2021.

The new regulations have increased access to fruit and vegetables, ensuring that our children and young people can access more fruit and vegetables and reduce the amount of sugar that can be accessed in schools.

The changes to the regulations are based on the most scientific evidence on diet and health and are designed to support the health of children and young people in the school setting. The food and drink that is provided across the school day is designed to support progress towards the Scottish Dietary goals. This will help to ensure that children and young people have access to nutritionally balanced school lunches

To comply with the guidance, we have made significant changes to reduce the sugar content in the menu and increase access to fruit. There have been a number of puddings removed due to their higher sugar content and resulting from strict guidelines which we now adhere to. At this time, it does include the removal of Custard and Ice Cream however, the new menu does consist of some sweet treats such as muffins, gingerbread, brownies and cookies with fruit options.

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

We have had some very positive feedback from parents on the new menu, and we will continue to engage with pupils for feedback on the menu over the first few months of implementation.