Skills, Education and Learning

Policy

**Guidance for School Policy:**

**Food in Schools**

**1 POLICY STATEMENT**

Dumfries and Galloway recognise the importance of a healthy and nutritious diet on children and young people’s health and wellbeing. Education has an integral role in improving the nutritional quality of our children and young people’s diets and promoting consistent messages about healthy eating in a health promoting school/ELC environment.

**2 DUMFRIES & GALLOWAY: FOOD IN EDUCATION**

Dumfries and Galloway aim to ensure that all our children and young people are:

* provided with health and nutritious food;
* meaningfully engaged in consultations with all stakeholders including children and young people about food provision with their views used to inform future and ongoing provision; and
* provided with the knowledge and skills necessary in relation to healthy eating through the Health and Wellbeing curriculum enabling them to make informed food choices in schools and beyond.

Dumfries and Galloway promote a whole school approach to food provision, food education and the food experience of children and young people attending our schools by:

* providing food choices throughout the school day that meet the requirements of the [Nutritional Regulations (2020)](https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/) in [The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 ('the Act')](https://www.gov.scot/publications/schools-health-promotion-nutrition-scotland-act-health-promotion-guidance-local/pages/2/);
* ensuring that everyone involved in the provision of food at school, or educating children/young people about food, is presenting a consistent, whole school, health promoting approach;
* effective partnership working with school food providers, pupils, pupils, families and other relevant stakeholders;
* ensure local small and medium enterprises (SME) are supported by using local healthy produce where possible;
* ensuring that our approach is based on current dietary advice to support children and young people to have the knowledge and skills required to make well informed dietary choices.

Our Guidance for Schools Policy: Food in Schools is based on a partnership approach that reflects the views of children/young people, parents/guardians, school food providers and school staff. [Appendix 1](#appendix1) outlines national policy and guidance referenced to formulate this document.

**3 FOOD IN SCHOOL: POLICY INTRODUCTION**

Schools should include an opening statement including the overarching Vision, Value & Aims (VVA) of the school, outlining scope of their policy. This might be a statement that communicates the shared ethos and values your school places on food and its positive contribution to the health and wellbeing of children, young people, families, staff, and the wider school community.

You may wish to include a summary of the collaboration and partnership working required to formulate and implement the policy within your own school context e.g., school catering providers, breakfast club providers, external food and health partners, teaching and support staff, parents/guardians, children and young people.

Examples of other partnership work you may wish to include may be:

* external health professional partnerships e.g., [Childsmile](https://www.childsmile.nhs.scot/)
* extra curriculum activities e.g., community gardens
* cooking class / extra-curricular clubs
* pupil and parent councils
* breakfast club providers (see [D&G Breakfast Club Guidance](https://blogs.glowscotland.org.uk/dg/public/healthandwelbeing/uploads/sites/8792/2025/04/11111055/Breakfast-Clubs-in-Schools-Guidance.pdf))
* external organisation partnerships
* other food event e.g., hydration week etc.

**4 ROLES & RESPONSIBILITIES**

Everyone within the school community has a role to play in supporting a Food in School policy and ensuring compliance with the required Nutritional Regulations. Where there are specific areas of responsibility *at school level* these could be mentioned under the headings noted below stating who is responsible for implementing and reviewing your policy.

***4.1 Policy Oversight***

Schools should note who has overall responsibility for this policy at school level – most likely to be the Head Teacher.

***4.2 Health Eating Ethos***

The balanced and nutritious food and drink available in Dumfries and Galloway schools plays a key role in supporting our children and young people’s health and wellbeing, ensuring they are well hydrated, nourished and ready to learn.

Furthermore, it highlights the relationship between the food choice and health & wellbeing by reinforcing the messages being delivered through food education in the classroom and beyond.

This section should provide a brief overview of how the school promotes healthy eating.

Considerations include:

* + What arrangements are in place for lunchtime supervision?
  + Are staff encouraging pupils to make healthier meal choices?
  + Are learning assistants there for specific children at mealtimes?
  + Does the school provide any guidance or support to parents/carers to encourage healthy snacks and packed lunches

***4.3 Professional Learning / Training & Certification***

Facilities Services [Catering] ensures all catering staff have annual refreshment allergen awareness training. Hazard Analysis Critical Control Point (HACCP) and Basic Food Hygiene training is completed every 3 years. School catering staff are advised in any changes to nutritional legislation, food safety legislation or allergen legislation by management.

Education staff in Dumfries and Galloway have access to food hygiene and allergen awareness train from [My Learning](https://mylearning.dumgal.gov.uk/login/index.php), specifically:

* [Food Hygiene Programme](https://mylearning.dumgal.gov.uk/enrol/index.php?id=323)
* [Course: Allergen Awareness](https://mylearning.dumgal.gov.uk/course/view.php?id=259)

***4.4 Parental Involvement / Support***

Food and eating habits at home plays a key role in the types of foods a child or young person is exposed to. There are a number of factors that will influence what food children and young people are exposed to at home including but not limited to family budget/income; access to fresh food; and religion. It is therefore important that schools work in partnership with parents/guardians to develop and deliver an effective and relevant [Food and Health curriculum](https://education.gov.scot/media/ryukm55b/hwbfoodhealthbenchmarkspdf.pdf).

Good practice in relation to the Food and Health curriculum involves:

* working in partnership with parents and guardians (ensuring there is no bias);
* sharing intended learning with parents and guardians and providing opportunities to explore resources or enhance learning through family learning opportunities;
* having agreed procedures for consulting and taking account of parents/guardians views;
* Promoting equality, diversity and inclusion in the classroom; and
* For practical cookery, it is strongly recommended that families are not asked to contribute to the cost and/or provision of ingredients. This should be part of a pupil’s entitlement to free education.

You may also wish to include examples of who should use this policy for example, parent groups organising events for pupils, staff delivering practical food activities, partners working with the school or private providers running clubs in the school. Considerations include:

* Does the school provide any guidance to parents/guardians around healthy eating packed lunches and/or snacks beyond allergens?
* How do schools promote school meals with parents/guardians?
* Does the school celebrate diversity in relation to food in schools?
* What opportunities are there for parents/guardians to inform and/or support the [Food and Health curriculum](https://education.gov.scot/media/5p4dvqvm/health-and-wellbeing-eo.pdf)?

**5 LEARNING & TEACHING**

Curriculum for Excellence has an important role to play in promoting the health and wellbeing of children and young people:

*“Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they will need for mental, emotional, social and physical wellbeing now and in the future.”*

[**Curriculum for Excellence; Health and wellbeing: principles and practice**](https://education.gov.scot/media/xhfji3wv/health-and-wellbeing-pp.pdf)**[[1]](#footnote-1)**

Schools have a duty to ensure that all children and young people have the knowledge, understanding, skills and capacity to enable them to make informed decisions that will affect their lives now and as they grow and develop safely into adulthood.

Ensuring that all children and young people leave school equipped with the skills, knowledge and experience they require to make healthy choices is vital to ensuring that they live long healthier lives, free from diet related diseases and conditions.

The [‘Food and Health’ organiser](https://education.gov.scot/media/5p4dvqvm/health-and-wellbeing-eo.pdf) encompasses a wide range of topics including how to prepare food, how to choose ingredients, the influence that the media, culture and religion has on food choices – as well as the impact these choices have on the environment, the economy and the human body.

Schools should include an overview of how Food and Health is delivered in their context. Specifically, an overview of the formal curriculum, e.g., subjects, equipment and resources, ingredient provision and continuing professional development for staff.

It may be useful to include mention of the connection between food and drink provided at school and the focus on food and drink as a context for learning for example, through practical food activities, in Enterprise activities, learning led by external providers, work on Children’s Rights or pupil-led food-based activities.

**6 FOOD & EXTRA-CURRICULAR ACTIVITIES OR EVENTS**

Promoting healthy eating in extracurricular activities is essential for the overall wellbeing of children and young people. Here are some guidelines for schools in Dumfries and Galloway to ensure that food provided in extracurricular activities is healthy.

* Is healthy eating encouraged through your extra-curricular activities, e.g., cookery club, school gardens?
* It may be helpful to start with a list of extracurricular provision and highlight where food may be relevant. Does the school integrate nutrition education into extracurricular activities to teach students about the importance of making healthy food choices.
* How do these extra-curricular activities adhere to established nutritional standards for snacks and meals, emphasising a balance of fruits, vegetables, whole grains, lean proteins, and dairy or dairy alternatives.
* How does the school ensure that staff is trained to recognise and respond to allergy-related issues. Do you provide training for staff involved in organising / overseeing extracurricular activities to ensure they are aware of and can implement the healthy eating policy.
* Does the school encourage the consumption of water as the primary beverage during extra-curricular activities? How do you limit the availability of sugary drinks and emphasise the importance of hydration?
* Does the school encourage alternative ways of celebrating achievements or milestones that don't solely revolve around unhealthy food options?
* Dumfries and Galloway catering can support schools provide a theme menu one day per calendar month e.g., day of languages, panto/Christmas. There are three themes’ days set each year – Burns Day, St Andrews & Christmas lunch – are these supported by curricular inputs?**.**
* School day trips – This may include reference to the nutritional regulations as well as any guidance your school has in place for example, availability of packed lunches from the school catering service or guidance on packed lunches from home. It may also be helpful to include reference to any guidance on food and drink provided during residential trips or meals out of school.

**7 NATIONAL EVENTS & INITIATIVES**

Implementing school-wide initiatives that promote healthy eating, such as gardening projects, cooking classes, or awareness campaigns, contributes to a positive and supportive school environment.

School may wish to note any national events or initiatives related to Food and Health operating within their context e.g., [Food for Thought Fund](https://education.gov.scot/about-education-scotland/what-we-do/food-for-thought-education-fund/)

**8 PROVISION OF FOOD & DRINK**

Schoolsshould outline what provision of food and drink there currently is in their school, e.g., breakfast clubs, tuck shop, school lunches, healthy hydration and use of food and drink as a reward (e.g., hot chocolate Fridays)

Include all areas where food and drink are provided, along with a statement about how the policy relates, and how it should be applied in your school.

Examples may include:

***Breakfast***

This section should give details of any breakfast club provision operating in your school. See [Dumfries and Galloway’s Breakfast Club Guidance](https://blogs.glowscotland.org.uk/dg/public/healthandwelbeing/uploads/sites/8792/2025/04/11111055/Breakfast-Clubs-in-Schools-Guidance.pdf) for more information.

***Morning and other break times***

This may include food and drinks provided at school as well as those brought into school. This may include but is not limited to:

* snack items provided by the school for example in headteacher/pupil meetings
* nurture groups
* tuckshops
* emergency breakfast or breaktime foods.

Snacks can be provided by Facilities Services (Catering) in partnership with education e.g., mid-morning snack provision or morning break snack provided with recharge from schools.

***School Lunches***

Facilities Services [Catering] is Dumfries and Galloway’s lunch time provider: two course meal including access to two vegetables and one fruit. For example, two course options includes:

Soup and traditional main meal, vegetables and 1 fruit with water, milk or milkshake

Deli choice option with pudding salad and vegetable pots, fruit with water, milk or milkshake.

All meals which are provided during lunch time provision meet all 14 food and drink standards as per Healthy Eating in School Legislation. Lunch menus are also nutritionally analysed or a weekly and daily basis which is provided to Health and Nutrition Inspections as part of the Self-Evaluation Framework prior to school inspections.

***Food brought into school at lunchtime***

This may include your school's stance on take-away food/multi packs brought into the school dining areas. These foods can often conflict with food provided by the school catering service that must comply with nutritional regulations, and conflict with the ethos of a health promoting school.

***Drinks***

It may be helpful to include the types of drinks permitted in school as per the nutritional regulations. Careful consideration will have been given to those drinks to be provided in secondary schools. This would be an opportunity to explain the rationale for decisions made in this area. See the nutritional regulations for further information. It may also be helpful to outline the school’s stance on bringing non-compliant drinks to school, including drinks in water bottles for consumption in classrooms

***Special Diets***

Dumfries and Galloway Councils Facilities Services [Catering] recognises the importance of access to nutritional balanced food, regardless of backgrounds, religion, or medical conditions. The Special Diet procedure (available by emailing [dgschoolmeals@dumgal.gov.uk](mailto:dgschoolmeals@dumgal.gov.uk)) is adapted in all schools in Dumfries and Galloway by partnership working between Facilities Services [Catering] and Education staff within schools. The special diet procedure ensures that and children and young people with allergies/intolerances, medical conditions or cultural and religious beliefs are still provided with a nutritional balanced meal at lunch time. Forms are provided by school officers or Facilities Services [Catering], generated into a database and bespoke menus are produced. When bespoke menus are provided the main menu is replicated as much as possible to ensure children with any other above are not seen are different to their peers and also ensures there where possible [Healthy Eating in Schools 2020](https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/) is still followed.

Any children or young people with allergies/intolerances, medical conditions or cultural and religious beliefs which effect their food choice are catered for through the special diet procedure. Facilities Services (Catering) and Education work together in the completion of forms which then results in bespoke menus being made for each individuals requests.

As the number of allergies and intolerances increase within our schools Allergen in School Procedure is implemented in School within Dumfries and Galloway to ensure the safety of the children and young people. For complex allergies individual risk assessments and risk matrix are used by education and catering to ensure that there is appropriate mitigations in place.

**9 CONSUMPTION OF FOOD & DRINK**

School should outline procedures and processes for the consumption of food and drink in their context.

You should consider:

* Dining room environment (*Capacity of dining hall spaces should be considered, especially around the uptake of school meals*)
* Service style
* Time
* Arrangements for schools bringing food to school
* Use of commercial food vans / shops

**10 EVENTS & LETTINGS**

Schools may want to consider:

* Their current position on the provision of any sweet treats as rewards in class and at school celebrations. Is practice consistent and does it meet the requirements of the Nutritional Regulations?
* How will birthdays be celebrated? You should mention school procedures around the provision of birthday cakes or treats for classmates sent some home, possibly linked to information on allergens.
* If your school is let centrally you should mentioned who is responsible for this. If applicable you may wish to include any let guidance as to food/refreshments

**11 PASTORAL CARE & WELLBEING**

The link between food in Scottish schools and pastoral care and wellbeing is crucial for the overall development and health of children and young people in Dumfries and Galloway. A holistic approach to nutrition within the school environment contributes to students' physical, mental, and emotional well-being.

***11.1 Physical Wellbeing***

Proper nutrition is essential for physical health. A balanced diet supports the growth and development of students, ensuring they have the energy and nutrients needed for optimal health. Encouraging healthy eating habits in schools promotes lifelong habits that contribute to overall physical well-being. It helps in preventing health issues related to poor nutrition, such as obesity and nutrient deficiencies.

***11.2 Mental Wellbeing***

Nutrient-rich foods positively impact cognitive function and concentration. Providing nutritious meals can enhance students' ability to focus, learn, and participate actively in academic and extracurricular activities. Furthermore, nutrition plays a role in emotional regulation. Stable blood sugar levels from balanced meals contribute to improved mood and mental well-being.

***11.3 Social Wellbeing***

Shared meals and socializing during lunch or snack times provide opportunities for students to connect with peers, fostering a sense of community and belonging. Consideration of diverse dietary needs and preferences promotes inclusivity, ensuring that all students can participate in communal eating experiences.

***11.4 Pastoral Care***

The provision of nutritious meals can be an essential aspect of pastoral care, especially for students facing economic challenges or food insecurity. Schools can play a role in identifying and supporting vulnerable students.

How is this done within your own school context? Do you support parents/carers sign up for FSM? You may wish to reference the schools safeguarding / Child Protection Policy

Integrating nutrition education into pastoral care programs helps students understand the importance of healthy eating for their overall well-being. It can also address issues related to body image and self-esteem. How is this done within your own school context?

***11.5 Positive Relationships***

Ensuring that all students have access to nutritious meals helps reduce stigmatization related to food insecurity. This contributes to a more inclusive and supportive school environment. Schools may want to highlight any work they have undertaken to prevent stigmatization

**12 FOOD WASTE**

Whenever food is provided or used at school there is potential for waste. There can be many reasons for this from too much food being prepared then not served, to food being thrown away uneaten because of portion sizes, taste, lack of time, a poor dining experience or a combination of all these factors. Food waste can happen throughout the school day, at breakfast clubs, snack/break time and during lessons, for example in practical food activities.

Addressing food waste in Scottish schools is an important aspect of promoting sustainability and responsible consumption. Noted below are some considerations and strategies for addressing food waste in Dumfries and Galloway:

***12.1 Education and Awareness***

Schools may want to consider:

* ***Student Engagement*:** Educate students about the environmental impact of food waste and involve them in initiatives to reduce waste.
* ***Classroom Programs*:** Integrate lessons on food waste and sustainability into the curriculum, fostering awareness and responsibility.

***12.2 Meal Planning and Preparation***

The use of Ipayimpact for ordering of lunch time meals helps schools combat food waste. Children and young people’s meals can be ordered in class or at home by parents. In doing so this provided the school catering staff with a daily report on the amount of food and pupils they are catering for. This allows catering staff to reduce the amount of food wasted. A small number of back up meals are made in the cases of children not having a packed lunch, spillages etc.

***12.3 Donation Programmes***

Schools may want to consider:

* ***Food Redistribution:*** Establish partnerships with local charities or food banks to donate surplus food that is still safe for consumption.
* ***Sharing Tables*:** Introduce sharing tables where students can place unopened or uneaten items for others to take, reducing waste and providing for those in need.

***12.4 Compost and Recycling***

Schools may want to consider:

* ***Composting*:** Set up composting systems for food scraps, creating nutrient-rich compost for school gardens.
* *Recycling*: Encourage recycling of food packaging and other recyclable materials in school cafeterias.

By implementing a comprehensive strategy that involves education, waste reduction measures, and community engagement, schools and ELCs in Dumfries and Galloway make significant progress in addressing food waste and fostering a sustainable and responsible approach to food consumption.

**13 MONITORING**

Schools may want to consider:

* ***Feedback Mechanisms*:** Establish channels for feedback from students, staff, and parents to continuously improve food service practices.
* ***Regular Reviews*:** Conduct regular reviews to identify successes and areas for enhancement.

Include Date written, date review is due and member of SLT responsible

**APPENDIX 1 National Policy and Guidance**

Education Scotland (2021) *Food in Schools Across Scotland: A Self Evaluation Resource*

available at [Food in schools across Scotland: A self-evaluation resource | Resources | National Improvement Hub (education.gov.scot)](https://education.gov.scot/resources/food-in-schools-across-scotland-a-self-evaluation-resource/)

Education Scotland *Food in Schools Across Scotland Sketchnotes* available at [food\_in\_schools\_connections.pdf (education.gov.scot)](https://education.gov.scot/media/wfuixxio/food_in_schools_connections.pdf) and [food\_in\_schools\_contributions.pdf (education.gov.scot)](https://education.gov.scot/media/qsilfvvd/food_in_schools_contributions.pdf)

Education Scotland *Health & Wellbeing Experiences and Outcomes* available at <https://education.gov.scot/media/5p4dvqvm/health-and-wellbeing-eo.pdf>

Education Scotland (2017) *Nutritional Analysis Manual* available at <https://education.gov.scot/resources/nutritional-analysis-manual/>

Education Scotland, *School Food Policy Incorporating the Nutritional Regulations* available at <https://blogs.glowscotland.org.uk/glowblogs/public/foodforschools/uploads/sites/7994/2022/08/30095430/School-Food-Policy-Incorporating-the-Nutritional-Regulations.docx>

Scottish Government (2021) *Healthy Eating in Schools: Guidance 2020* available at <https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/>

Scottish Government (2011) *Healthy Eating in Schools: Supplementary Guidance* available at [Section 2 Ensuring appropriate food and drink choices for all children and young people - Healthy eating in schools: supplementary guidance - gov.scot (www.gov.scot)](https://www.gov.scot/publications/healthy-eating-schools-supplementary-guidance-diet-nutrition-children-young-people/pages/3/)

Scottish Government (2011) *Health Promotion Guidance: Nutritional Guidance for Children and Young People in Residential Care Settings* available at[Section 3 Nutrition Guidance - Health Promotion Guidance: Nutritional Guidance for Children and Young People in Residential Care Settings - gov.scot (www.gov.scot)](https://www.gov.scot/publications/health-promotion-guidance-nutritional-guidance-children-young-people-residential-care-settings/pages/5/)

Scottish Government *Revised Dietary Goals for Scotland* available at [Dietary Goals for Scotland (foodstandards.gov.scot)](https://www.foodstandards.gov.scot/downloads/Dietary_Goals_for_Scotland.pdf)

Scottish Government (2008) *Schools (Health Promotion and Nutrition) Scotland Act: Health*

*Promotion Guidance for Local Authorities & Schools* available at <https://www.gov.scot/publications/schools-health-promotion-nutrition-scotland-act-health-promotion-guidance-local/#page-top>

**APPENDIX 2 Example of Effective Practice**

**Georgetown Primary: Health Snack & Lunchbox guidance**

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A tray of food and water

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**Introduction**

Georgetown Primary School is committed to promoting the health and well-being of our pupils. A significant aspect of this commitment is ensuring that pupils have access to nutritious meals during their school day. This Healthy Snack & Lunchbox Guidance has been established in accordance with the Scottish Government Guidelines for promoting healthy eating habits among school children.

**Aims**

1. **Promotion of Nutritious Choices:** The guidance aims to encourage pupils, parents, and caregivers to make informed and healthy choices when packing lunchboxes for school.
2. **Enhancement of Well-being**: By providing children with balanced and nutritious meals, the guidance aims to contribute to their overall physical and mental well-being.
3. **Education and Awareness:** The guidance aims to educate pupils, parents, and caregivers about the importance of a balanced diet and the positive impact it has on learning and behaviour.
4. **Support for Special Dietary Needs:** The guidance aims to ensure that students with special dietary needs are accommodated, and their nutritional requirements are met.

**Guidelines for Healthy Snacks**

**Nutritional Standards:** We encourage parents to provide snacks which are consumed in school to meet the nutritional standards outlined by the Scottish Government, including:

1. *Encouraging the consumption of fruits, vegetables, and whole grains and water to drink at snack time.*
2. *Limiting the consumption of sugary snacks, drinks, and high-fat items.*
3. *Providing options low in salt and saturated fats.*
4. *Promoting water as the primary beverage choice.*

**Fruit and Vegetable Initiative:** We will actively promote the consumption of fresh fruits and vegetables as preferred snack choices.

**Portion Control**: Snacks should be appropriately portioned to avoid overconsumption. We will educate pupils, parents, and guardians on recommended serving sizes for different age groups.

**Guidelines for Packed Lunches:**

1. **Balance:** Encourage parents and caregivers to include a variety of food groups in each lunchbox, such as whole grains, lean proteins, dairy or dairy alternatives, fruits, and vegetables.
2. **Portion Control:** Advocate for appropriate portion sizes to prevent overeating and promote healthy eating habits.
3. **Hydration:** Encourage parents to include water or low-sugar drinks in the lunchbox to keep students hydrated throughout the day.
4. **Limit Sugary and High-Fat Foods:** Discourage the inclusion of sugary snacks, chocolates, sweets, and high-fat items like crisps and fried foods in lunchboxes.
5. **Fruits and Vegetables:** Encourage parents to include a portion of fresh fruits and vegetables in each lunchbox to ensure a good intake of vitamins, minerals, and fibre.
6. **Whole Grains:** Suggest whole-grain bread, wraps, or pasta to provide sustained energy and essential nutrients.
7. **Protein Sources:** Advocate for lean protein sources such as chicken, turkey, eggs, beans, and legumes.
8. **Dairy or Dairy Alternatives:** Encourage the inclusion of dairy products or suitable dairy alternatives for calcium intake.
9. **Allergies and Dietary Restrictions:** Ensure that parents are aware of the school's and Local Authority policy on allergies and dietary restrictions. Accommodate students with allergies or specific dietary needs appropriately.

**School Responsibilities:**

1. **Education**: Provide nutrition education through our Health and Wellbeing curriculum at all stages in the school. Allow for opportunities for classroom discussions, workshops, and informational materials to raise awareness about healthy eating.
2. **Promotion:** Display posters, notices, and other communication to highlight the importance of healthy lunchboxes and the guidelines.
3. **Support:** Support students with dietary restrictions or allergies by working closely with parents to ensure suitable alternatives are available.
4. **Positive Environment:** Foster a positive and inclusive lunchtime environment where healthy eating is encouraged and celebrated.

**Parent and Caregiver Responsibilities:**

1. **Planning**: Plan and prepare balanced and nutritious meals that adhere to the outlined guidelines.
2. **Variety:** Ensure a variety of foods are included to provide a diverse range of nutrients.
3. **Communication**: Communicate with the school and Dietician Service about any allergies or dietary restrictions that need to be taken into consideration.
4. **Lead by Example**: Role model healthy eating behaviours to encourage children to adopt similar habits.

**Review and Monitoring:**

The Healthy Snack and Lunchbox Guidance will be regularly reviewed and updated to align with the latest nutritional guidelines and best practices. The school will gather feedback from parents, students, and staff to assess the effectiveness of the policy.

By following the principles outlined in this Healthy Snack and Lunchbox Guidance, Georgetown Primary School aims to create an environment that promotes the well-being and health of its students, while also educating and empowering parents and caregivers to make informed nutritional choices for their children.

**Further information can be found here:**

<https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/>

Hungry for Success: A Healthy Packed Lunch [Layout 1 (scot.nhs.uk)](https://www.highfive.scot.nhs.uk/wp-content/uploads/2016/09/Guidance-for-Healthy-Packed-Lunches.pdf#:~:text=This%20resource%20was%20produced%20to%20support%20teachers%20and,Schools%20%28Health%20Promotion%20and%20Nutrition%29%20%28Scotland%29%20Act%2020072.)

1. <https://education.gov.scot/media/xhfji3wv/health-and-wellbeing-pp.pdf> [↑](#footnote-ref-1)