

Breakfast Clubs in Schools Guidance

1 Introduction

Dumfries and Galloway Council recognise the importance of a healthy and nutritious diet on children and young people's health and wellbeing. In line with this, the council support the provision of breakfast clubs in our schools. Breakfast clubs provide young people with a breakfast in a school setting. This document outlines general guidance, operating arrangements and support available for establishing and running a breakfast club in school.

2 Background

Research has shown positive links between breakfast club provision, educational achievement, attainment, attendance and behaviour in school children. Breakfast clubs can help ensure the most vulnerable children have regular access to a nutritious breakfast as well as encourage school attendance, improve concentration and learning in class and help develop peer relationships.

It is important that any breakfast provision offered at school is seen as part of the school day and the learning experience. It is crucial that each child is encouraged to make healthy choices ensuring they receive nutritionally balanced options. A whole school approach would mean breakfast clubs supporting the curriculum and/or linking with other school activities, such as encouraging pupils to eat healthily.

Breakfast clubs in Scottish schools play a significant role in addressing child poverty and supporting the Scottish Government's wider policy aims. They contribute to tackling food insecurity, improving educational outcomes, and promoting health and wellbeing.

The **Poverty-Related Attainment Gap Action Plan (2022-26)** highlights food insecurity as a key challenge. Breakfast clubs contribute to overcoming this by ensuring children start the day ready to learn.

The **Scottish Government's Child Poverty (Scotland) Act 2017** sets ambitious targets to reduce child poverty by 2030, including measures to mitigate the impact of poverty on education. Breakfast clubs provide a nutritious meal at the start of the school day, ensuring that children are not hungry in class. This directly supports **The Scottish Attainment Challenge**, which aims to close the poverty-related attainment gap.

The **Good Food Nation (Scotland) Act 2022** highlights the importance of access to nutritious food as a fundamental right. Breakfast clubs align with this by ensuring children receive a healthy meal. Similarly, **Getting it Right for Every Child (GIRFEC)** promotes a holistic approach to child wellbeing. Access to a Breakfast club supports the wellbeing indicators, particularly 'Healthy', 'Included', and 'Achieving'.

The **National Improvement Framework (NIF)** identifies attendance and engagement as key drivers in raising attainment. Breakfast clubs encourage regular school attendance and punctuality, removing barriers to learning.

Breakfast clubs support families by reducing food costs, aligning with the **Best Start, Bright Futures** tackling child poverty plan.

3 National Policy and Guidance

Breakfast club provision is required to be operated in accordance with relevant legislation, including safeguarding procedures. Any breakfast club provision is required to be in line with the requirements of the [Schools \(Health Promotion and Nutrition\) Act 2007](#) (which places duties on education authorities to ensure that all food and drink provided complies with nutritional requirements set out in Regulation, the [Nutritional Requirements for Food and Drink in Schools \(Scotland\) Regulations 2020](#) ([Healthy eating in schools: guidance 2020](#)) and [Better eating, better learning: a new context for school food](#).

Effective practice promotes schools who have aligned their breakfast club provision with Health and Wellbeing Experiences and Outcomes, ensuring a focus on nutrition, social interaction, and wellbeing.

Education Scotland's Health & Nutrition Inspectors (HNIs) can attend any HMIE inspection and their role is to ensure schools meet the statutory duties with regards to health promotion and national regulations as set out in [Schools \(Health Promotion and Nutrition\) Act 2007](#). Headteachers receive feedback and action points on this, but it is not included within your formalised report (similar to Safeguarding and Child Protection). Find out more about Health and Nutrition Inspections at: [Health and Nutrition Inspections | School and ELC | Inspection and review guidance | Education Scotland](#)

4 Approaches to Delivery

There is no one size fits all approach for the delivery of breakfast clubs. It is for the Headteacher and/or the Parent forum represented by Parent Groups or the Parent Council to determine an approach which reflects the needs of their families, setting, space and resources available. Whichever approach is taken, it is important to ensure there's no stigma to accessing breakfast and there are no barriers in place for a hungry child. The aim should be for any breakfast club to be a normal, embedded part of the school day for everyone.

There are currently a range of different approaches to breakfast club provision within schools in Dumfries and Galloway. These are outlined below.

4.1 Local Authority

Local Authority run breakfast club provision is offered by Facilities Services (Catering). Under this model, the Facilities Services (Catering) ensure the appropriate food safety arrangements are in place in the kitchen, purchase the food and develop the breakfast club menus, ensuring that all food provided is compliant with Scottish Government School Food Regulations 2020 ([Healthy eating in schools: guidance 2020](#)).

This provision generally includes toast and jam or toast and flora, cereal or yoghurt, milk and fruit. A sample menu is included as **Appendix 1**.

In this model, catering staff provide and prepare all food and staff the Club. However, it is recommended that a member of School staff is also in attendance to help supervise pupils. The cost per pupil for this breakfast provision is 85p per pupil per day. This is usually operated as a cash system where the pupil can pay daily or weekly.

For Facilities Services (Catering) to provide breakfast club provision, a minimum of 30 pupils are required. If the school wish a Local Authority Breakfast club but the numbers are lower than 30, then the school must absorb the additional cost (i.e. 20 pupils attending the Breakfast club but must pay for 30 pupils).

If you are interested in finding out more about this provision or have any questions, please contact Facilities Services (Catering): dgschoolmeals@dumgal.gov.uk

4.2 Hybrid Model

A hybrid model breakfast club is where Facilities Services (Catering) provide the food for the breakfast club, however the school is responsible for preparing the food (utilising their own equipment) and for staffing the breakfast club. The cost per pupil for this breakfast provision is 75p per pupil per day. There is no minimum number of pupils required for this model of delivery as Facilities Services (Catering) are not providing any staffing.

If you are interested in finding out more about this provision or have any questions, please contact Facilities Services (Catering): dgschoolmeals@dumgal.gov.uk

In this model, if any additional food is sourced by the school they are responsible for ensuring that the food is compliant with Scottish Government School Food Regulations 2020 ([Healthy eating in schools: guidance 2020](#)).

4.3 School Run / Privately Funded

A privately funded breakfast club is where all resource is sourced by the school or private provider and prepared by school staff or volunteers and paid for by the school. Any volunteers who are supervising or directly engaging with children will require a PVG check.

Under this model it is not possible to use the catering facilities within the school so you need to consider where you will store and prepare food and what equipment will be required. The school are also responsible for ensuring that the food is compliant with Scottish Government School Food Regulations 2020 ([Healthy eating in schools: guidance 2020](#)). Please see Appendix 2 which provides advice on examples of breakfast items which comply with the Regulations.

4.4 Breakfast Delivery Models

In each of the above delivery approaches there can also be different models of how breakfast clubs are delivered within the school. Some of these models are detailed below:

- Breakfast club – runs before the start of the school day in a designated area of the school for example the lunch hall or a sports hall providing food, an opportunity to socialise and there may be activities on offer
- Grab and go – breakfast is available to young people as they arrive at school (for example in the street area of the school) and young people are able to grab something before heading to class
- Classroom breakfast – provided to young people at the start of their day within the classroom and eaten whilst reading or doing early morning work
- Late arrivals - consider taking any leftovers to the sign-in area for anyone arriving late to grab as this can be a problem for people coming in hungry

5 Charging / Funding

The cost per pupil for local authority run breakfast provision is 75p per pupil per day. This is usually operated as a cash system where the pupil can pay daily or weekly. In this model, catering staff will be responsible for handling any cash and accounting for pupils having breakfast. This allows accurate recording and reporting of the take-up rate on breakfast provision.

Schools can also make their own arrangements for how pupils are charged or provide a free or subsidised breakfast offer through grant funding, Pupil Equity Funding (PEF) or other fund-raising activities. This could cover breakfast provision being free for all or free for certain groups, such as those in receipt of Free School Meals.

Where the breakfast offer will incur a cost to families, consideration should be given to the [cost of the school day](#) and making sure it is affordable for all families. Consideration should also be given to the system in place for paying for the offer and ensure it is non-stigmatising.

When considering the costs of running a breakfast club, you should consider the cost of the food supplied, staff supervision and any other resources required as part of running costs.

There are several internal and external funding streams available that can support the cost of the set up and provision at breakfast clubs, examples of these are included below:

- PEF
- Fundraising activity (i.e. via Parent Council)
- [DGC Community Benefits Wishlist](#)
- Funding from local businesses/organisations
- Donations (it is important to ensure these are compliant with the [Regulations](#))
- [The Greggs Foundation 'Feeding Brighter Futures' project](#)
- [Kellogs](#)
- [Magic Breakfast](#)
- [FareShare - Getting Food](#)
- [Tesco Stronger Starts](#)
- [Warburtons Product Donation](#)

6 Staffing / Supervision

Breakfast clubs should have an organised structure where all stakeholders know and accept their roles and responsibilities. The Head Teacher has overall management responsibility for breakfast clubs within their school and they should identify a responsible person to oversee the breakfast club daily and ensure there is clear decision making and accountability.

It is important that the children attending the breakfast club are supported and therefore a responsible person should be identified to ensure arrangements are implemented effectively each day. Good practice indicates that there should always be a minimum of 2 supervisors. You must ensure that the supervisor / pupil ratio is appropriate to provide levels of supervision for the age group in an informal setting, guidance on this can be found at:

- [Guidance on adult to child ratios in early learning and childcare settings.pdf](#)
- [DG Health and Safety Education & Learning Health & Safety Procedures - 30 Supervision Ratios](#) (GLOW)

Management and Facilities Services staff (janitorial, cleaning) that have additional responsibilities at this time should not be considered part of the core supervision arrangements, although could be considered as part of the overall approach to supervision and support to the school during this time.

A number of breakfast clubs within our schools are run and supervised by Learning Assistants who are paid additional hours via PEF. This should be recorded within the schools PEF plan. Payment for any additional hours for the supervision of pupils should follow the normal procedures and staff should submit an additional hour's timesheet (available from the school office).

You should consider arrangements for supervision if someone who is supposed to be running the Breakfast club does not turn up. Could the breakfast club have an emergency supply of [compliant cereal bars](#), yoghurt, fruit and milk that the janitor or teaching staff could make available to young people attending the Club?

6.1 Volunteers

Volunteers can be used to support supervision at the breakfast club. This could be in the form of parent volunteers, volunteers from our employee pool, partner organisations, outside agencies, volunteer adult helpers, senior pupils, university students and adult learners. If supporting supervision, volunteers should be asked to complete a PVG check. The cost of this will be covered by the school or Parent Council (dependant on who is establishing the breakfast club). Consideration should be given to who will be the main point of contact/supervisor for the volunteers and provide them with support. If the breakfast club has been organised by a Parent Group or Parent Council and staff support the club, staff members will need to undertake a PVG for the Parent Council. PVG are not transferable between organisations. More information on volunteering in schools is available at: [Volunteer Policy for Schools](#) (updated April 2025). Information regarding Parent Councils and PVG compliance can be found on Glow at: [PVG and Parent Groups Parent Councils](#)

6.2 Pupil volunteers

Children and young people should be encouraged to volunteer within their local community and school can provide ideal opportunities for this. Pupils can find it very rewarding to help at breakfast club with setting up, making breakfast, serving and clearing up. It is important that any pupil volunteering is recognised and celebrated. Information regarding PVG and regulated roles can be found on Glow at: [02. Disclosure Scotland Act 2020 - final regulated roles guidance - March 2025.docx](#)

7 Paperwork / Record Keeping

The responsible person should ensure appropriate record keeping is maintained at the breakfast club daily. This should include as a minimum:

- A daily register of pupils attending.
- Relevant information such as pupil's emergency contact, allergen information and medical details are readily accessible.

Consideration should be given to how this documentation will be stored and made accessible.

Before any child joins the breakfast club you could send home a permission letter asking for consent for the parent/carers consent to attend the breakfast club. The letter should also encourage parent/carers to report any dietary requirements or allergies to Facilities Services (Catering) so they can be recorded. These records must be kept up to date.

8 Operating times

Breakfast clubs generally open at 8.15am or 8.30am and run until 8.45am. Normal supervision arrangements should be in place for children 15 minutes prior to the start of school in line with [The School Day: Headteacher Responsibilities Guidelines](#).

Some schools run a breakfast club each morning whereas others choose to only run the club on certain days of the week. This is dependent on the needs of the school and supervision arrangements. Work with your parent forum as part of any participatory budgetary engagement to ensure that you are clear on demand and expectations.

As breakfast clubs operate earlier than the normal school day and children will be arriving at school earlier, it is important to consider implications for the 'Journey to School'. Where schools have a large number of children transported to school it is not possible to make alternative or specific arrangements to offer additional transport for the breakfast club. Where families wish to access the breakfast club it remains the parents' responsibility to support their child in getting to school. Head Teachers must carefully consider the implications of this for their own setting, considering the Cost of the School Day. It may not be equitable to operate a breakfast club for this reason or alternative approaches may need to be considered.

9 Health and Safety and Risk Management

A risk assessment should be carried out before establishing a breakfast club. Ensure all general control measures from the Generic Risk Assessment are in place and always adhered to. A Generic Risk Assessment for Breakfast Clubs can be found at: [Glow > DG Health & Safety > Generic Risk Assessments](#)

The Head Teacher must ensure that the following aspects are considered and appropriate action taken when establishing a breakfast club:

- Child protection and enhanced disclosure/PVG checks of supervisors
- Access arrangements, supervision and security
- Fire evacuation and emergency procedures
- Food safety and food allergies
- Hygiene and cleanliness
- It is best practice for any staff handling food to have basic food hygiene and allergy training (these qualifications must be kept up to date). Council staff can access this for free via MyLearning (Food Hygiene Programme and Allergen Awareness). Parent Councils can apply to the council with project proposals that can include funding for any training related to establishing a breakfast club or supporting one
- Registered first aider with access to appropriate first aid kit
- Ensuring adherence to all Dumfries and Galloway Council's Health & Safety Standards and statutory Health & Safety legislation ([Education & Learning Health & Safety](#))

10 Allergies, intolerances and special diets

When providing any food and drink provision in schools, children and young people's allergens, intolerance and medical conditions must be considered, as well as an alternative for their needs.

Facilities Services (Catering) has a Special Diet Procedure in place, which requires parents/carers of children and young people to complete forms with medical signatures to inform the service of their allergens, intolerances, medical conditions or cultural beliefs which can affect their food choice. For further information please contact:

dgschoolmeals@dumgal.gov.uk

Schools should consider having a system in place to ensure they are also aware of children and young people's dietary needs when delivering breakfast clubs whether this be independently or a hybrid approach with Facilities Services (Catering).

As per Natasha's Law all Pre-Packaged for Direct Sale items should be appropriately labelled and all allergen information including compound ingredients should be accessible for customers.

Further information on managing allergies is available on Glow at: [Managing Allergies in Schools](#)

11 Activities at Breakfast club

Breakfast clubs should have a focus on social interaction – therefore meeting experience and outcome:

'I enjoy eating a diversity of foods in a range of social situations.'

HWB 0-29a, 1-29a, 2-29a, 3-29a, 4-29a

Having the space to allow children to sit down and eat a meal together rather than to grab and go model can effectively promote this.

A range of appropriate activities which promote healthy lifestyles and positive play should be made available during breakfast club where possible.

Some ideas for providing activities at breakfast club include:

- Colouring in materials
- Board games
- Pupil led activity clubs
- Access to newspapers and TV news bulletins (age dependant)
- Wifi and spaces to complete homework including printing materials if required
- A homework club run by teachers to support young people with homework
- Special events / themed breakfasts throughout the year
- Physical activity

12 Things to Consider

- Have you identified a demand/need for the breakfast club? What data does the school have to say whether there is a need for a breakfast club? This could be done via a short questionnaire to parents/carers.
- What does the club want to achieve in the short and longer term? How will it do this?
- Who does the club want to target? Why does the club want to do this?
- Have you spoken to any other schools to learn from their experience of setting up and running a breakfast club?
- Consider having a small working group of parent to look at barriers, opportunities and costs (a participatory budgeting opportunity)
- How will you ensure inclusiveness?
- How will spaces be allocated if demand exceeds the number of places available daily? Will children and young people in receipt of FSM be given priority? Could you rotate attendance on particular days of the week?
- Who will be responsible for the club?
- Who will be accountable for the breakfast club's co-ordination and planning daily?
- How will food be sourced for the breakfast club? Some schools do an online Supermarket order and have the food delivered directly to the school or a member of staff collects the order.
- How will the young people attending the club be involved in its running?
- What activities will the club offer? How will the club do this?
- How will you promote and advertise your breakfast club to pupils, parents and carers? School newsletters, specific leaflets, open days, social media and direct contact with those that would most benefit from the service should be considered. Any promotional material should include prices, operating times, activities, supervision and food choices
- Will promotion be undertaken on an ongoing basis to sustain momentum?
- Who are the key stakeholders in setting up and running your breakfast club? Have you made roles and responsibilities clear?
- Where within the school will it happen? Hall, classroom, playground? Remember the venue must meet health and safety requirements and
- Has a risk assessment been completed?
- What time will the breakfast club operate from/to?
- Who will be responsible for maintaining; cleaning, clearing up of area?
- Who will be responsible for monitoring and evaluation? How will this be achieved? What data can be looked at to monitor the impact of the club?
- How much will it cost to set up and run a breakfast club?
- What equipment will be required? Microwave, kettle, toaster, fridge, freezer? Do you have access to what you need?
- What funding and resources does the breakfast club have in the short and long term?
- Is all food provided compliant with Scottish Government School Food Regulations 2020? ([Healthy eating in schools: guidance 2020 - gov.scot](https://www.gov.scot/publications/healthy-eating-in-schools-guidance-2020/pages/1-1-introduction.aspx))
- How will you forecast demand to ensure you are ordering the right amount of food?
- Is any food waste being monitored and kept to a minimum?
- Is your breakfast club regularly reviewed to ensure best value, financial sustainability and adequate supervision is in place?

13 Case Studies

Eastriggs Primary School

We started our Breakfast club in 2022 after identifying a need for this provision. We put out a survey to pupils and identified that 40% of our pupils were not eating breakfast, due to a variety of factors. We now conduct regular surveys with pupils to monitor this.

We are a Greggs breakfast club which means that we receive funding each term to purchase food. We purchase food through a weekly Tesco order and also receive Greggs half and half loaves from our local branch. We used funding from Greggs start up grant and Tesco to buy equipment to get our Breakfast club up and running including: two toasters, fridge, freezer, plastic dispensers for cereal, plastic bowls, cups, plates, spoons and a dishwasher. We utilise PEF to pay additional hours to two Learning Assistants to run the Breakfast club. Our Breakfast club is open to all children in the school and is free to all attending. This allows it to be non-stigmatising and is therefore very well attended as a result. It runs from 8.30am to 9:00am. Our club is a self-service model where there are two tables set up with the food and the pupils come and help themselves. There is also grab and go option for any pupils that are running late and they can take the food to the classroom with them. We take an informal approach for our breakfast club. We used Tesco funding to buy board games for use at the club and these are popular. We also have pupil led clubs that meet during our breakfast club such as Pokemon card club. There is a great element of socialising at the club.

We have noticed a huge difference in pupils who used to always be late for school, arriving on time so that they can take part in the breakfast club. Some pupils help with setting up, preparing food and clearing away.

Cargenbridge Primary School

We started our Breakfast club in 2023 after parents identified that they would like one. We have a Local Authority run Breakfast club where Facilities Services (Catering) supply and prepare all food for the club. Our wonderful catering team staff the Breakfast club on a voluntary basis which we are so grateful for. Our Breakfast club is open to all children in the school and costs 75p per day to attend. Our Breakfast club runs daily from 8.15am to 8.45am when the playground opens. We have tables set up in the dining hall and children go up to the kitchen and are served their breakfast by the catering staff. We have colouring materials, cards and games out on the tables for young people once they have had their breakfast. It is also a great opportunity for children who may not normally mix to sit and chat and socialise. We have found the Breakfast club really beneficial to some of our young people who find it difficult to settle in the morning after being dropped off. Parents also find it useful to support them in getting to their work.

Wallace Hall Academy

Wallace Hall Academy's Breakfast club is facilitated and run by their young people. The Breakfast club takes place in the street area of the school and is open and free to all so there is no stigma attached. The young people run a healthy tuck shop at break time and the funds that are made from selling products is used to purchase food for the breakfast club which allows them to provide this for free. Food is ordered by the PE Teacher through PECOS from Tesco and is delivered to the school. The young people have ownership over the breakfast club. Senior prefects are on a rota for the breakfast club and are responsible for set-up, running of the club and clearing up. Currently the club provides toast, butter and low sugar jam. From time-to-time free fruit is available.

Hecklegirth Primary School

Our Breakfast club started in January 2023 as an ask through the Parent Council. A survey was issued to parents to see if they would like a breakfast club, if they would like to volunteer, what days would they like it to run etc. Our club is a hybrid approach where the catering team provide most of the food for the club and we make use of the kitchen facilities to wash up, but the Catering staff are not involved in the running of the club, this is fully parent led. We have a rota to run the club with two parent volunteers each morning. The difficulty can be finding more parent volunteers to keep the club sustainable. The Parent Council applied for a grant from the Council through the Poverty and Inequality Fund and undertook match funding to cover set up fees. Cereal, bread, jam, butter, yoghurts, fruit milk (milkshake once per week), and water are on offer each morning and from time-to-time additional items such as croissants bought by the Parent Council. We promote independence and young people help themselves to the breakfast items and clear up, we only help if we need to. We also provide cereal bars that young people can come and get throughout the day if they need a healthy snack. The club runs every day from 8.25am to 8.55am and has around 20 young people attending each day from P1 to P7. The school covers the cost for PEF families from their PEF budget and non-PEF families pay 75p for the club. We are currently offering breakfast free to all until Easter as an incentive for people to come along. We have issued flyers via school newsletter and Parent Council Facebook page to families on the benefits of attending the club to encourage attendance. Since starting the club, we feel that young people attending are more ready to learn and settled in class. It was not just about feeding young people for us but about a whole approach of making sure everyone has a snack, socialising, getting them in and keeping them warm in the mornings as they were being dropped off early at school as parents had a need for childcare.

14 Summary

Breakfast clubs can provide pupils with a positive opportunity to access a healthy breakfast in a safe environment before the start of the school day, especially for children who otherwise might not get a nutritious start to the day. As breakfast clubs are generally considered to enhance performance, improve concentration, increase school attendance, improve punctuality and behaviour at school the service could be seen to support the learning of each child. Using the breakfast club can help to improve community links, engage parents and support vulnerable families. The service should be seen as one aspect to promote a whole school approach to meeting the health, education, social and emotional needs of children.

Useful Links

[Better eating, better learning: a new context for school food](#)

[Breakfast for all | Resources | Education Scotland](#)

[Bright Start Breakfasts - gov.scot](#)

[Evaluation of Breakfast clubs | Department for Education](#)

[Food in Schools – Health and Wellbeing in Dumfries and Galloway](#)

[Food in Schools across Scotland – Education Scotland – Supporting improvement – a self-evaluation framework](#)

[Guidance for Schools Policy Food in Schools](#)

[Healthy eating in schools: guidance 2020 - gov.scot](#)

[Health and wellbeing in schools - Schools - gov.scot](#)

[Health and Nutrition Inspections | School and ELC | Inspection and review guidance | HM Chief Inspector reports and guidance | Inspection and review | Education Scotland](#)

[Schools \(Health Promotion and Nutrition\) Act 2007](#)

[Setting up a barrier free breakfast - Magic Breakfast](#)

[Supporting the wellbeing of children and their families at Oxbang Primary School | effective practice | Education Scotland](#)




For Parent Volunteer Groups and Parent Councils regarding PVG:

- Slide handout: <http://bit.ly/ConnectInfoSessionsPlus>
- Recording: <https://youtu.be/TPQCkSWtfOY> or www.connect.scot/events under On-demand recordings *
- Connect resources: <https://connect.scot/resources/protection-vulnerable-groups-and-child-protection-pack>
- Support materials from Volunteer Scotland: <https://connect.scot/resources/volunteer-scotland-pvg-guidance-and-templates>

Appendix 1 – Catering Services Breakfast club Menu


naturally D&G

Breakfast Club


Weetabix or Cornflakes or Yogurt

+




Toast and Jam or Toast and Flora

+




Fresh Fruit

+



Drink Milk or Water



Dumfries & Galloway COUNCIL

Appendix 2 – Approved Shopping List

Drinks

Water or semi-skimmed milk

Fruit

This can be anything that the children will enjoy eating or what is in season or on offer.

Cereals

Cereals must contain:

- No more than 15g of total sugar per 100g
- No more than 440mg of sodium per 100g
- No more than 1.1g of salt per 100g
- At least 3g of fibre per 100g

Ideas: Shreddies, Cornflakes, Weetabix, Shredded wheat bitesize, Bran flakes, Rice Krispie multigrain shapes

Yoghurts

- Maximum portion size of 125g.
- No more than 15g of total sugar per 100g.
- No more than 3g of fat per 100g.

Ideas: Petit filous, Munch Bunch squashums – strawberry and blackcurrant

Bread

- All bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.

Ideas: Kingsmill 50/50, Warburtons half & half

Spreads

Spreads must contain:

- (a) a total saturated fat content which does not exceed 20g per 100g; and
- (b) a combined total monounsaturated and polyunsaturated fat content of at least 30g per 100g. Approved spreads which are rich in monounsaturated/polyunsaturated fats are likely to include rapeseed, olive oil, sunflower and soya based choices.

Ideas: Bertolli Olive Spread, Flora Original, Clover Light, Vitalite

Toast Toppings

When offering toppings such as jam and honey for example on toast, consider using lower sugar versions, limiting the frequency and portion size or replace them with alternatives such as low-fat cream cheese instead of jam.

Ideas: Laughing Cow Lightest Cheese Spread, Streamline Less Sugar Strawberry Jam

For further information is available at: [Education Scotland: Food in schools buying guide Branded products](#)