



At Kirkhill we are **#PROUD** of our school community. Everyone is encouraged to be creative, strive for excellence and be inspired to attain, achieve and be their best.

3<sup>rd</sup> September 2019

Dear Parents/Carers,

### **Making school food healthier**

More fruit and vegetables, less processed red meat and sugar on the menu.

<https://www.gov.scot/news/making-school-food-healthier>

The Scottish Government and all local authorities are jointly committed to providing the healthiest food to children and young people. This commitment is underpinned by a duty to provide school meals that meet strict nutritional requirements, including encouraging the use of fresh, local and sustainable produce

School food regulations will be amended to ensure:

- a minimum of two full portions of vegetables and a full portion of fruit are offered as part of a school lunch, with full portions of fruit and or vegetables also available in, for example, tuck shops
- a minimum weekly amount in the school menu of red and processed red meat provision - such as bacon, ham and pepperoni

For Primary schools - Ensure no more than 175g of red and red processed meat can be provided over the course of the school week, of which no more than 100g should be red processed meat. All of the 175g amount can be used for unprocessed freshly prepared red meat.

This is a new standard and is based on the Scottish Dietary Goal for red and processed meat which is supported by scientific evidence based dietary recommendations to limit intakes of these foods to 70g per day with the purpose of protecting the health of children and young people. Therefore if a child is to have processed meat in their diet this can be managed at home by parents/carers.

Dietary advice highlights red meat as a major source of iron and zinc which can contribute to meeting the recommended nutrient intakes for primary school lunches removal of fruit juice and smoothies from primary and secondary schools to help reduce sugar intake.



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The measures follow extensive consultation and advice from a working group comprising health, nutrition and education experts.

<https://www.gov.scot/publications/report-responses-consultation-nutritional-requirements-food-drink-schools/>

- Currently all East Renfrewshire school meals are nutritionally analysed and comply with the existing regulations laid down by the Scottish Government.
- All medically prescribed diets will be accommodated on receipt of an Acute Services Division referral form from a hospital dietitian or a Doctor's letter detailing dietary requirements.

Kind Regards

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A handwritten signature in black ink, appearing to read 'Liz Edmonstone'.

Liz Edmonstone

Head Teacher