



ECONOMY, ENVIRONMENT & FINANCE

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Dear pupils, parents and carers,

I'm writing to let you know that school meals are changing from 12 April 2021. That includes primary and secondary schools.

New national regulations in Scotland means we need to update some of our offerings to meet the new required standard.

There are full details on [this page on parentclub.scot](#) but I've outlined the main changes, and what's not changing, below. There is also more information on our website [here](#).

The changes are to help reach the [Scottish Dietary Goals](#) and to minimise the risk to the health of children and young people. By limiting the amount of red and red processed meat; reducing the intake of fat, sugar and salt; and increasing fibre, fruit and vegetables we'll get closer to those goals.

What's changing	What's not changing
More access to fruit and vegetables (e.g. fruit portion available alongside soup choice)	Dietary requirements will still be catered for
Reduction in the amount of sugar that can be eaten during the school day – with a restriction on the number of days a baked item can be served	Pupils who prefer to have a two course meal at lunchtime will still be able to
Red and red processed meat served over the course of a week: <ul style="list-style-type: none">- Primary school = up to 175g- Secondary school = up to 230g	School meals will still be free for all P1-3 pupils Prices are not currently changing for P4-7 meals
Access to an appropriate amount of nutrients (such as iron and vitamins)	There will still be a choice on the menus with the new menu available from 12 April 2021
Wider range of items available across the week in secondary schools (not just at lunchtime)	Pupils can still take their own choice in a packed lunch

These changes are being phased in over a longer period of time in secondary schools so more specific details will follow from the catering service through schools. Primary school menus are available to [view online](#) and will start on week one on 12 April (after the Easter holidays).

I hope the accompanying information helps to answer any questions but if you do have any others please contact schoolmeals@moray.gov.uk.

Kind regards

A handwritten signature in black ink, appearing to be 'Elaine McRae', written in a cursive style.

Elaine McRae
CATERING OFFICER