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 4th May 2021

Dear pupils, parents and carers,

I’m writing to let you know that school meals are changed from April 2021. 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](https://www.parentclub.scot/articles/all-about-school-meals) but I’ve outlined the main changes, and what’s not changing, below. There is also more information on our website [here](http://www.moray.gov.uk/downloads/file136184.pdf).

The changes are to help reach the [Scottish Dietary Goals](https://www.foodstandards.gov.scot/downloads/Scottish_Dietary_Goals_-_Adapt_it_sheet.pdf) 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.

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| **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:* Primary school = up to 175g
* Secondary school = up to 230g
 | There will still be firm favourites on that comply with the guidelines  |
| 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 being fully implemented by 4th May 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 |

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



**Elaine McRae**

**CATERING OFFICER**