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Chief Executives  
Directors of Education

By email

2 June 2020

Dear colleague

Our current school food regulations 'The nutritional requirements for food and drink in schools (Scotland) regulations 2008' were introduced in Scottish schools in 2008/9 having been based on the most up to date scientific evidence and dietary advice at the time. Since 2008, that evidence and advice has changed and as such in 2018 a review of the school food regulations took place. Following the review and subsequent public consultation I announced that a new set of regulations would be drafted and introduced to Parliament in May 2020 with the intention of them being implemented in schools by Autumn 2020.

The new regulations 'The nutritional requirements for food and drink in schools (Scotland) regulations 2020' were laid in Parliament on 18 May 2020 and are expected to complete their parliamentary journey by the end of June 2020. Following discussion with local authority caterers and COSLA, I agreed that the implementation date of the regulations should be moved to April 2021 to allow sufficient planning time particularly in light of the additional challenges being created by COVID 19. This additional time will also allow my officials to continue to work with your officers and key stakeholders on the development of guidance for catering teams on the practical application of these regulations in the continued provision of a world leading school meals service.

In summary, the new regulations have been based on the Scottish Dietary Goals to ensure that the food and drink served in schools reflects current scientific evidence and dietary advice. This will help to protect the health and wellbeing of our children and young people by providing them with less sugar, more fruit and vegetables, and red and red processed meat in quantities that align with current dietary recommendations.


I would also like to highlight that the school food regulations will apply to all food and drink served anywhere in the school across the school day including breakfast clubs, lunch service, tuckshops, social enterprise activities, classes where food is being used and vending machines.

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This will require school staff, caterers and anyone else involved in provision of food and drink in schools to work closely together to ensure that schools continue to provide healthy and nutritious food and drink options that meet the standards set in the new regulations.

I would like to thank you for your continued support in the provision of a healthy and nutritious school meal service for our young people and hope this information is helpful as you prepare for the changes that the new school food regulations will bring.



**JOHN SWINNEY**

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