

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



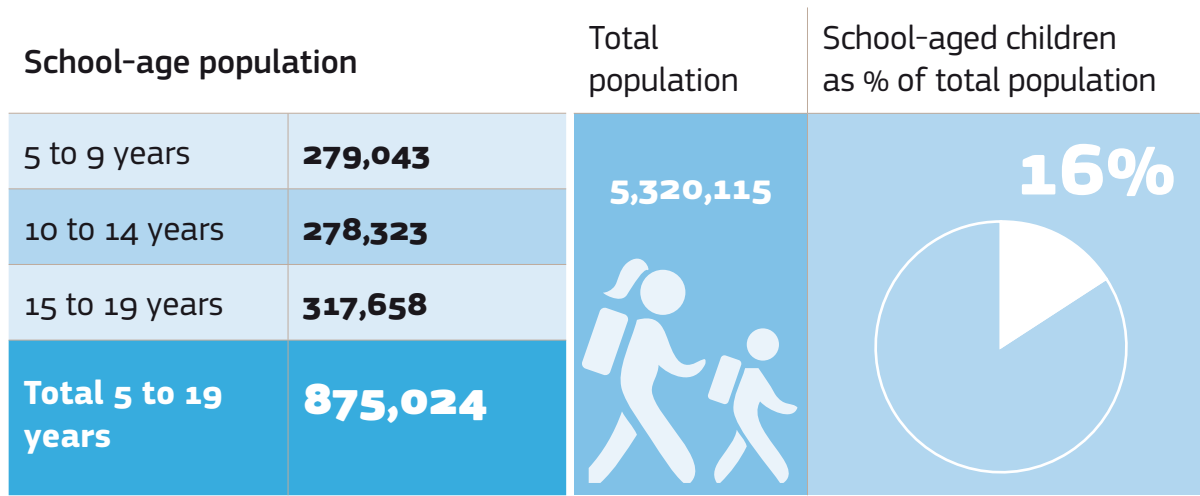
## UK-SCOTLAND



<b>School food policy (mandatory)</b>	The Schools (health promotion and nutrition) (Scotland) Act 2007 and the associated Nutritional requirements for food and drink in schools (Scotland) regulations 2008
<b>Developed by</b>	Responsibility for school food policy rests with the Scottish Government's Learning Directorate – i.e. Education; however, policy is developed closely with Health and Environment colleagues, the former having lead responsibility for the obesity route map and beyond the school gates and the latter having responsibility for Scotland's Food and Drink policy
<b>Year of publication</b>	The Act, 2007 and Regulations, 2008 (links to other existing policy documents published since 2003, including Better Eating, Better Learning can be found in the link below)
<b>Web link(s)</b>	<a href="http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/schoolmeals">http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/schoolmeals</a>

## General information

### Demographic data



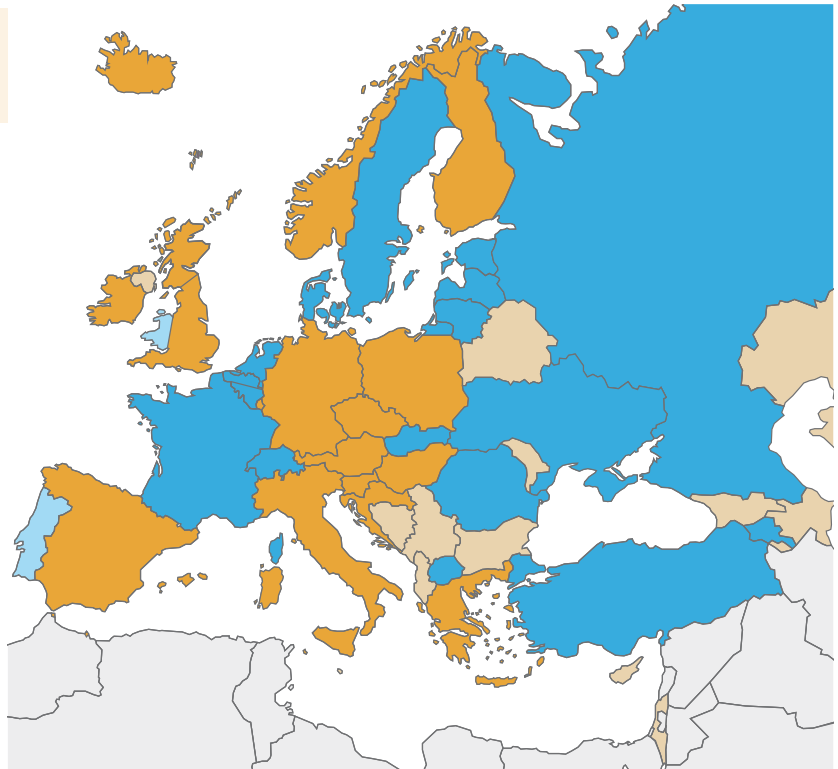
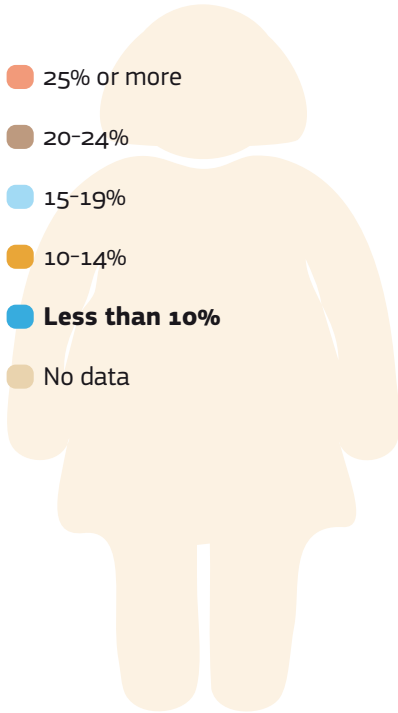
Source: EUROSTAT, year 2013.



## Adolescent overweight/obesity prevalence in Europe

15-year-old girls who report that they are overweight or obese according to BMI

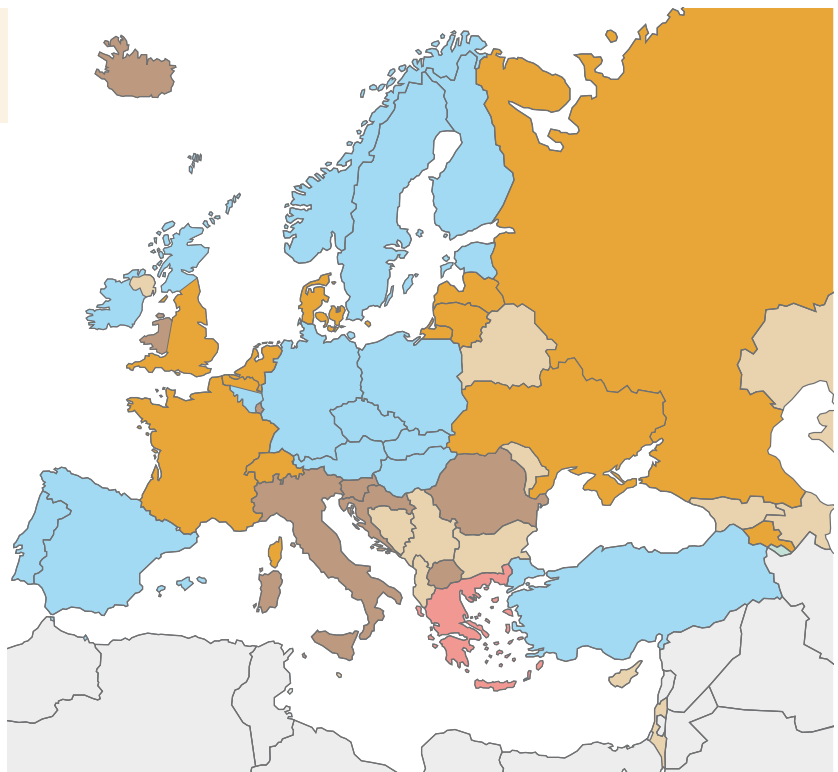
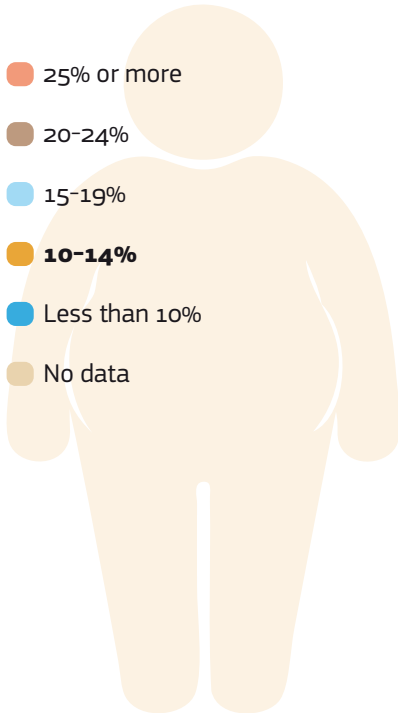
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

15-year-old boys who report that they are overweight or obese according to BMI

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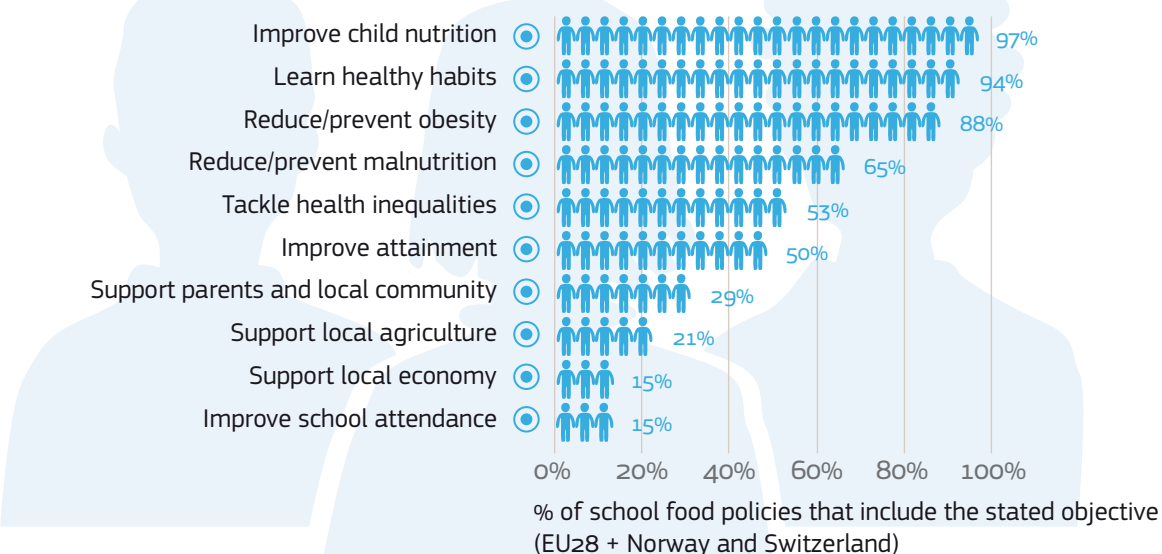
Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

From: Currie C et al. eds. Social determinants of health and well-being among young people. Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey. Copenhagen, WHO Regional Office for Europe, 2012 (Health Policy for Children and Adolescents, No. 6).

# 2

## School food policy objectives

included in UK-Scotland policy    not included in UK-Scotland policy



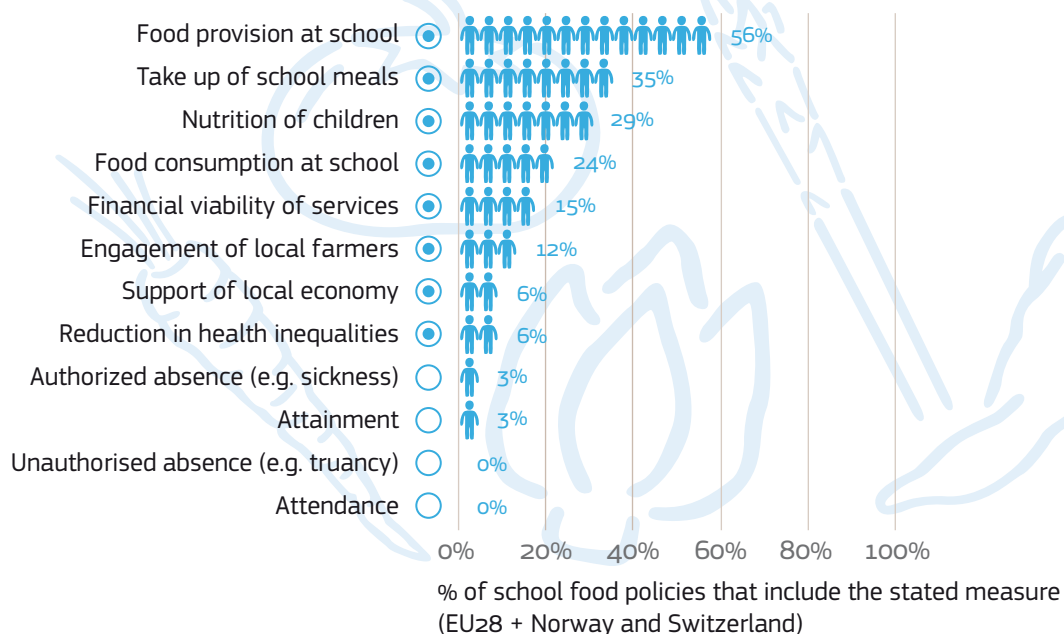
### Other objectives:

- Physical activity; targets for tooth brushing schemes in primary schools; substance misuse; sexual health; promote consistent messages about healthy eating; via food and health experiences and outcomes in Curriculum for Excellence help understand relationship between food, health and wellbeing; raise awareness of food issues such as sourcing, production and cultural differences; set out building blocks for cooking and food safety; provide guidelines on commercial activities in schools

# 3

## Measures through which the policy is evaluated

included in UK-Scotland policy    not included in UK-Scotland policy



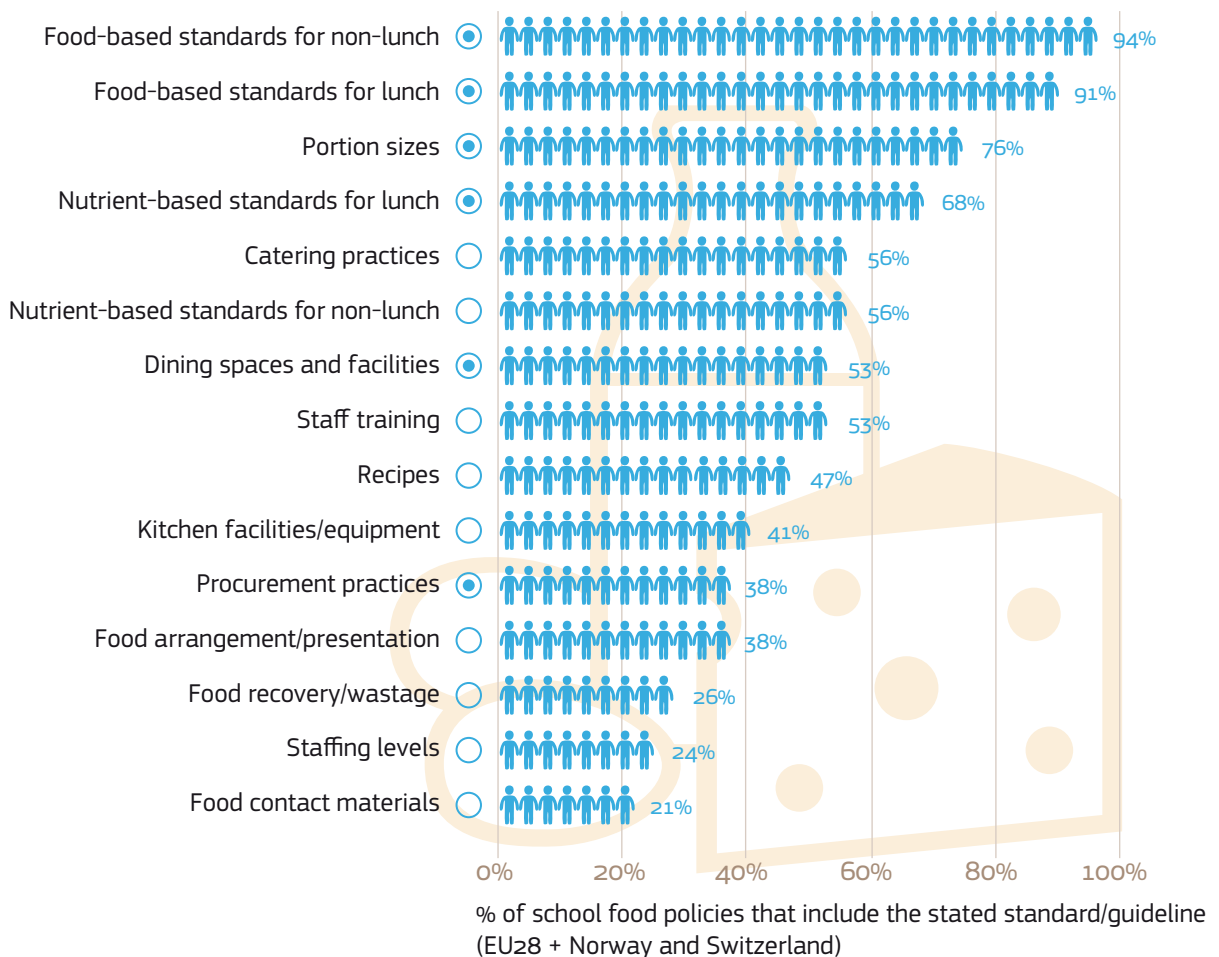
### Other measures:

- Care, welfare and development; progress with the delivery and impact of aspects of provision in health and wellbeing; see indicators in the link below which is currently being reviewed and updated. It is useful in terms of evaluating the work of a school against many different quality indicators in relation to food and health education but it does not represent the framework under which schools are inspected by our Health and Nutrition Inspectors as part of a formal school inspection.  
[http://www.educationscotland.gov.uk/Images/HowgoodisourschoolJtEpart3\\_tcm4-684258.pdf](http://www.educationscotland.gov.uk/Images/HowgoodisourschoolJtEpart3_tcm4-684258.pdf)

# 4

## School food policy standards and guidelines

included in UK-Scotland policy    not included in UK-Scotland policy

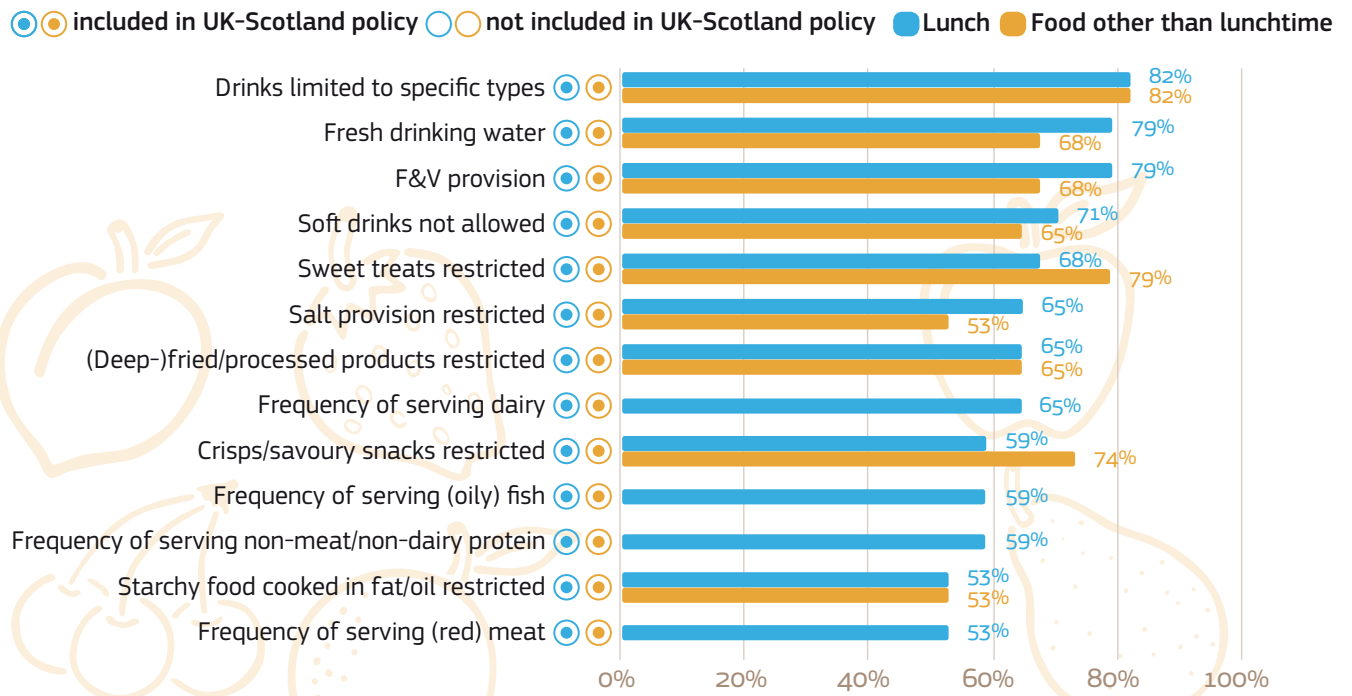


### Other standards/guidelines:

- The 2007 Act places duties on Scottish education authorities that must be met, beyond that all partners are asked to engage with the planning and delivery including children, parents, wider community, etc.

# 5

## Food-based standards

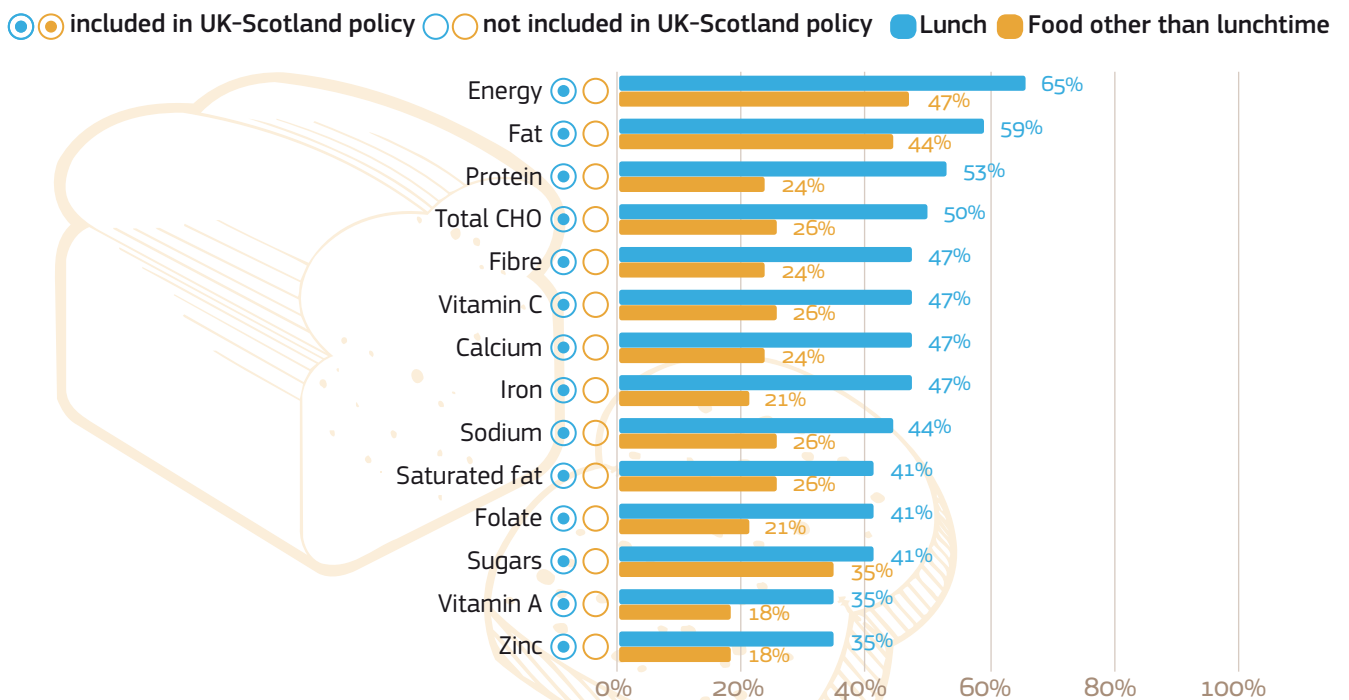


See Annex I for more details on the food-based standards/guidelines in UK-Scotland.

% of school food policies that include the stated food-based standard/guideline (EU28 + Norway and Switzerland)

# 6

## Nutrient-based standards



See Annex II for more details on the energy-/nutrient-based standards/guidelines in UK-Scotland.

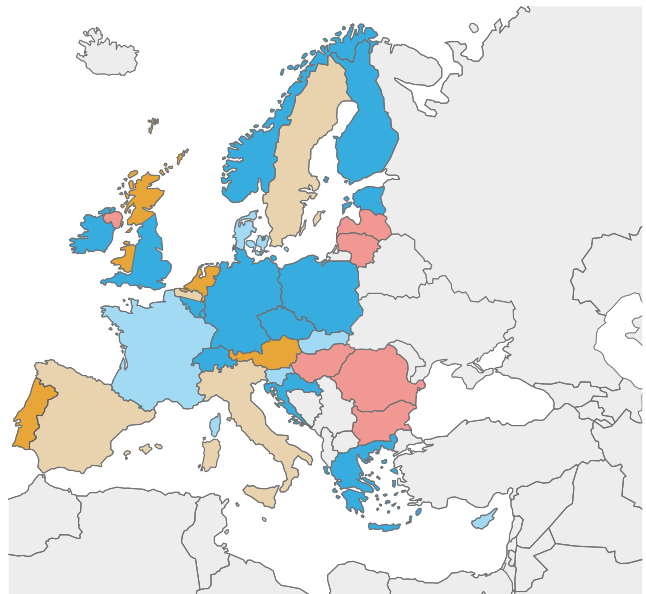
% of school food policies that include the stated energy-/nutrient-based standard/guideline (EU28 + Norway and Switzerland)

# 7 Restrictions on vending machines on school premises

## UK-Scotland

- Vending machines don't exist on or are banned from school premises
- (Certain) unhealthy foods/drinks not allowed in vending machines
- **Vending machine offer in line with healthy eating guidance/standards**
- (More) healthier options recommended, promoted
- No vending machine restrictions specified

All products provided from vending machines are subject to the same food and drink standards set out in the Nutritional requirements for food and drink in schools (Scotland) regulations 2008



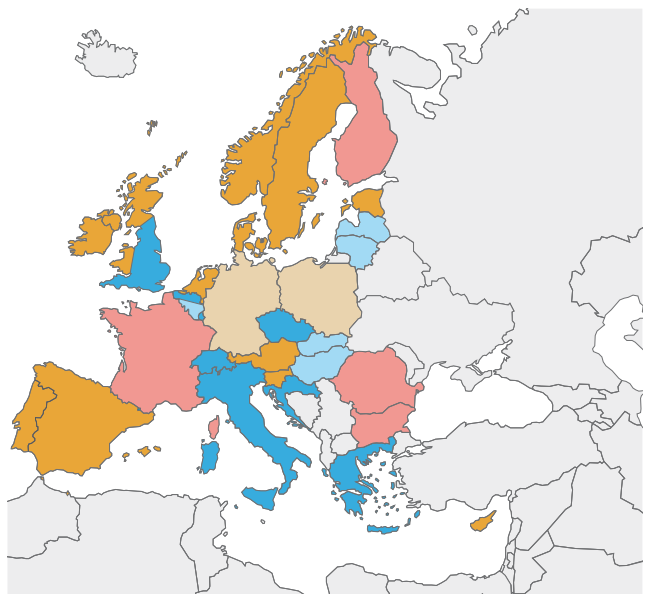
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

# 8 Restrictions on marketing of food or drink on school premises

## UK-Scotland

- Specific marketing limits for drinks high in sugar, foods high in sugar, and savoury snacks high in fat or salt (HFSS foods/drinks), combined with restrictions of a more generic kind or focussing on other types of foods/drinks as well
- Marketing restrictions only on HFSS foods/drinks
- **Food marketing restricted in some other way without making reference to HFSS foods/drinks**
- Food marketing restricted in some other way without making reference to HFSS foods/drinks, and including a positive role of marketing/sponsoring
- No food marketing restrictions specified

Food standards in schools are strict and therefore there is no additional requirement to place restrictions on marketing.

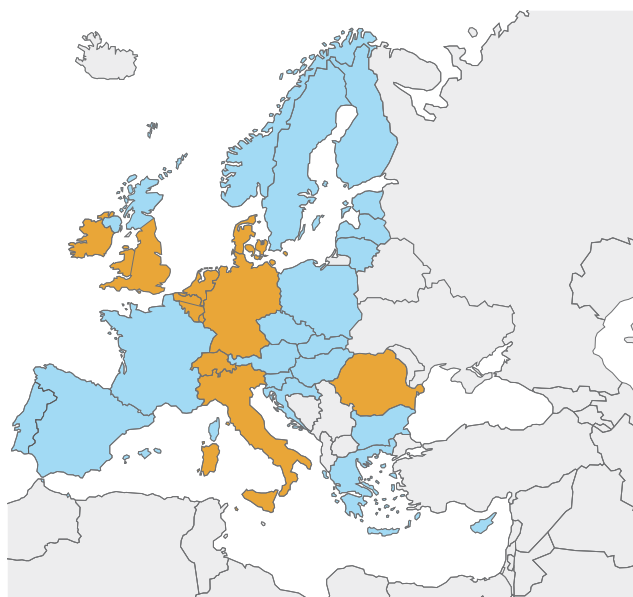


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

## Is food and nutrition a mandatory part of the national educational curriculum?

### UK-Scotland

Every child and young person in Scotland is entitled to a broad general education which includes food and nutrition. However, as our national 'Curriculum for Excellence' is not set out in statute, it cannot accurately be described as 'mandatory'. A better description would be 'food and nutrition is an integral part of our national educational curriculum and it is expected that all schools will deliver on this subject in line with the experiences and outcomes detailed in Curriculum for Excellence'.



● **Mandatory food/nutrition education**  
 ● Voluntary food/nutrition education

### Additional information on Scottish food-based standards for lunch and foods other than lunch

n/a = not applicable

	Lunch	Other than lunch
Specified amounts of fruit and vegetables must be provided for each child	Choice of at least two types of vegetables and two types of fruit (not including fruit juice) must be provided every day as part of the school lunch	Variety of fruit and/or vegetables must be available in all school food outlets
Specified number of times (red) meat served	'Red meat (e.g. beef, pork and lamb) based meals should be served about twice a week in order to assist in meeting mandatory nutrient standards for school lunches	n/a
Specified number of times other sources of protein served	Every school lunch should contain a serving of food from the meat, fish and alternatives (e.g. eggs, beans and pulses) group	n/a
Specified number of times dairy products served	Most school lunches should contain a serving or servings of food from the milk and milk products group	n/a
Specified number of times (oily) fish should be on the school lunch menu	Fish should be on the menu at least once a week; should be in addition to canned tuna (oily fish must be provided at least once every three weeks)	n/a



## Additional information on Scottish food-based standards for lunch and foods other than lunch (cont.)

	Lunch	Other than lunch
Restrictions on availability of fried, deep-fried or processed products	Menus must not contain more than three deep-fried items in a single week (including chips); this includes products which are deep-fried in the manufacturing process; chips, if served, must be served as part of a meal	Only pre-packaged savoury snacks can be provided outwith school lunch; pre-packaged savoury snack must meet standards around fat, saturates, sodium and sugar content and are of a pack size of no more than 25 g
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	No confectionery can be provided at any time of the day; at lunchtime, desserts (e.g. puddings, cakes, biscuits, pastries and ice-cream) should only be served as part of a meal and should be made nutritionally beneficial by modifying home-baking recipes	'Sweet treats' served outwith lunchtime should support the principles of a whole school approach to healthy eating
Starchy food cooked in fat or oil restricted	Menus must not contain more than three deep-fried items in a single week (including chips); this includes products which are deep-fried in the manufacturing process	No fried foods can be available outwith the school lunch, with the exception of savoury snacks that meet specified criteria
Crisps and savoury snacks restricted	No savoury snacks can be provided as part of the school lunch except savoury crackers, oatcakes or breadsticks; only pre-packaged savoury snacks can be provided outwith the school lunch; pre-packaged savoury snack must meet standards around fat, saturates, sodium and sugar content and are of a pack size of no more than 25 g	Savoury snacks can be provided outwith the school lunch; pre-packaged savoury snack must meet standards around fat, saturates, sodium and sugar content and are of a portion size less than 25 g
Fresh drinking water must be provided and be easily accessible	A specified duty under the Health Promotion Act	A specified duty under the Health Promotion Act
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Only drinks permitted in schools are: plain water (still or carbonated); skimmed, semi-skimmed milk and other lower fat milks; milk drinks and drinking yoghurts; soya, rice or oat drinks enriched with calcium; tea and coffee; fruit juices and vegetable juices; blend containing any of the following ingredients, either singly or in combination: fruit, vegetable, fruit juice, vegetable juice; water and fruit and/or vegetable juice combination drinks. Many of these drinks are subject to specific criteria, for example around portion size and fat and sugar content	Only drinks permitted in schools are: plain water (still or carbonated); skimmed, semi-skimmed milk and other lower fat milks; milk drinks and drinking yoghurts; soya, rice or oat drinks enriched with calcium; tea and coffee; fruit juices and vegetable juices; blend containing any of the following ingredients, either singly or in combination: fruit, vegetable, fruit juice, vegetable juice; water and fruit and/or vegetable juice combination drinks. Many of these drinks are subject to specific criteria, for example around portion size and fat and sugar content
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Not allowed are: soft drinks, still or carbonated, including flavoured waters (only exception is combination drinks that meet criteria set out in 'SELECT WITH CARE' column); sugar-free soft drinks (still or carbonated) including flavoured waters; sweetened fruit juice; sweetened or salted vegetable juice; squashes/cordials, including lower sugar and 'no added sugar' versions; whole milk; sport drinks	Not allowed are: soft drinks, still or carbonated, including flavoured waters (only exception is combination drinks that meet criteria set out in 'SELECT WITH CARE' column); sugar-free soft drinks (still or carbonated) including flavoured waters; sweetened fruit juice; sweetened or salted vegetable juice; squashes/cordials, including lower sugar and 'no added sugar' versions; whole milk; sport drinks

## Additional information on Scottish food-based standards for lunch and foods other than lunch (cont.)

	Lunch	Other than lunch
Salt provision is restricted	Additional salt must not be provided in schools; condiments (if provided) must be dispensed in no more than 10 ml portions	No additional salt can be provided; condiments (if provided) must be dispensed in no more than 10 ml portions
Other	Healthy Eating in Schools - A guide to implementing the nutritional requirements for food and drink in schools (Scotland) regulations 2008 <a href="http://www.scotland.gov.uk/Publications/2008/09/12090355/0">http://www.scotland.gov.uk/Publications/2008/09/12090355/0</a>	Healthy Eating in Schools - A guide to implementing the nutritional requirements for food and drink in schools (Scotland) regulations 2008 <a href="http://www.scotland.gov.uk/Publications/2008/09/12090355/0">http://www.scotland.gov.uk/Publications/2008/09/12090355/0</a>

## Additional information on Scottish energy-/nutrient-based standards for lunch and foods other than lunch

	Lunch	Other than lunch
Energy	x	-
Fat	x	-
Saturated fat	x	-
Total carbohydrate	x	-
Non-milk extrinsic sugars	x	-
Fibre	x	-
Protein	x	-
Iron	x	-
Zinc	x	-
Calcium	x	-
Vitamin A	x	-
Vitamin C	x	-
Folate	x	-
Sodium	x	-
Other	-	Separate standards apply to all food and drink provided during the school day outwith lunch. This includes breakfast clubs, tuck shops and vending machines.