

ABERDEEN CITY COUNCIL

COMMITTEE	Education, Culture and Sport
DATE	27 May 2010
DIRECTOR	Annette Bruton
TITLE OF REPORT	Aberdeen City Policy for Schools (Health Promotion and Nutrition) (Scotland) Act 2007
REPORT NUMBER:	ECS/10/046

1. PURPOSE OF REPORT

The Scottish Government introduced the '*Schools (Health Promotion and Nutrition) (Scotland) Act 2007*'. It aims to ensure that all schools are health promoting and that the food and drink served within school settings meets nutritional requirements as specified in the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008. Since the introduction of the Act and Regulations, schools within Aberdeen City have required support with regards the implementation of the nutritional requirements contained in the regulations. As a result the Aberdeen City Health Focus Group has developed a draft policy, which has undergone a wide consultation. The policy intends to provide direction and practical suggestions to all those providing food and drink in school settings in implementing the regulations. The purpose of this report is to put the draft policy forward for endorsement.

2. RECOMMENDATION(S)

To endorse the proposed Aberdeen City policy on the Schools (Health Promotion and Nutrition) Scotland Act 2007.

3. FINANCIAL IMPLICATIONS

It is not anticipated that there will be any significant additional costs in implementing the policy.

4. SERVICE & COMMUNITY IMPACT

Single Outcome Agreement –

- Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- Our children have the best start in life and are ready to succeed.

5. OTHER IMPLICATIONS

The policy will support the implementation of the Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and compliance with the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008. It is the responsibility of Aberdeen City Council to ensure the Act is implemented. The successful implementation of the Act will have a positive impact on the pupils within Aberdeen City. It is suggested that staff responsible for providing food and drink in school settings are aware of this policy. The policy will be updated as and when necessary.

6. REPORT

Background

Many people in Scotland may face serious health risks because they do not eat a healthy diet and are not active enough. If we are to change this it is important to give children the best possible start in life, so they can adopt healthy lifestyles which can be carried into adulthood and ultimately, they can pass onto the next generation. Such a radical change cannot happen overnight and will require action on a number of fronts. One of the ways to tackle this is through the Scottish Government's '*Schools (Health Promotion and Nutrition) (Scotland) Act 2007*'.

The Act will aid school communities to embed a healthy lifestyle into the culture of schools and ensure health and well-being is valued by pupils, parents and partners. It aims to ensure that all schools are health promoting and that the food and drink served in school settings meets nutritional requirements. This builds on work carried out through Health Promoting Schools and Hungry for Success.

The regulations came into effect for primary schools on 4 August 2008 and 3 August 2009 for secondary schools. The exemption to this being the regulation regarding drinking water, which must be freely available to all pupils, as of 4 August 2008. It is the responsibility of the local authority in partnership with the NHS to ensure the policy is implemented and monitored within schools.

The Scottish Government has produced two pieces of statutory guidance, these are;

- 'health promotion guidance' to support local authorities and partners to ensure they are meeting their duty that all schools are health promoting and;
- 'healthy eating in schools' to support the implementation of the nutritional regulations for food and drink in schools.

Since the introduction of the Act, schools within Aberdeen City have had numerous queries with regards implementing the nutritional requirements under the regulations. Feedback from schools has also been that a policy to support the implementation of the regulations would be useful. As a result, a draft policy has been developed by the Aberdeen City Health Focus Group. This draft policy has been sent to all schools and key partners as part of a wide consultation process.

Purpose of this policy

The aim of the policy is to provide extra clarity and practical suggestions to all staff providing food and drink in school settings including after school clubs, breakfast clubs and community cafes based in schools. This will assist them to comply with the regulations. The policy should be read in conjunction with the regulations themselves and '*Healthy Eating in Schools, A Guide to Implementing the Nutritional Requirements for Food and Drink in Schools (Scotland) regulations 2008*'.

Who is this policy for?

The regulations apply to food and drinks provided to pupils in;

- Local authority schools
- Grant aided schools
- Hostels maintained by a local authority for pupils

The regulations apply to the following school food outlets if they are operated by the local authority, managers of a grant aided school or by another person on their behalf:

- Breakfast services
- Tuckshops
- Mid-morning and afternoon break services
- Vending services
- Community cafes
- After school clubs providing snacks or meals.

Therefore this policy is intended to provide direction to staff providing food and drink in the above settings before, during or after the school day. School catering is responsible for implementing the nutritional requirement regulations within their service. Therefore, the policy should also be used by school catering.

The policy provides guidance to schools as to what to provide in certain settings/occasions and key things to consider in implementing the regulations. A copy of the draft policy is attached as appendix 1.

7. REPORT AUTHOR DETAILS

Elaine McConnachie, Health Improvement Officer – Schools,
elaine.mcconnachie@nhs.net tel 01224 555482

Neil Hendry, Health Lead - Education,
hendryn@st-macharacademy.aberdeen.sch.uk tel 492855

8. BACKGROUND PAPERS

Healthy Eating in Schools – A Guide to Implementing the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008. Scottish Government 2008

Appendix 1

Aberdeen City Policy on The Schools (Health Promotion and Nutrition) (Scotland) Act 2007

Background

Many people in Scotland may face serious health risks because they do not eat a healthy diet and are not active enough. If we are to change this it is important to give children the best possible start in life, so they can adopt healthy lifestyles which can be carried into adulthood and ultimately, they can pass onto the next generation. Such a radical change cannot happen overnight and will require action on a number of fronts.

The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 will aid school communities to achieve this by embedding a healthy lifestyle into the culture and ensuring health and well-being is valued by pupils, staff, parents and partners. It ensures that all schools are health promoting and that the food and drink served in school settings is nutritionally balanced. The Act makes it a legal requirement for schools and partners to meet the nutritional requirements laid out in the act.

Purpose of this policy

This policy intends to provide further direction to staff and enable them to comply with the nutritional requirements of the Act. This policy should be read in conjunction with '*Healthy Eating in Schools, A Guide to Implementing the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008*', <http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/foodnutrition>

Who is this policy for?

The regulations apply to food and drinks provided to pupils in;

- Local authority schools
- Grant aided schools
- Hostels maintained by a local authority for pupils

The regulations apply to the following **school food outlets** if they are operated by the local authority, managers of a grant aided school or by another person on their behalf:

- Breakfast services
- Tuckshops
- Mid-morning and afternoon break services
- Vending services
- Community cafes
- After school clubs providing snacks or meals.

Therefore this policy is intended to provide extra clarity and practical suggestions to all staff with regards food and drink provision in the above settings before, after or during the school day. School catering is responsible

for implementing the nutritional requirements within their service. The policy should also be used by school catering in conjunction with the nutritional requirements.

Food and drink provided for pre-school children is **not** covered by the Nutritional Requirement Regulations in the Act. Separate guidance has been written for them; *Nutritional Guidance for Early Years*, 2006. Therefore nurseries should be aware of the Act and this policy and a whole-school approach is encouraged, however, they should refer to the '*Nutritional Guidance for Early Years*' for specific advice and guidance.

Pupils who require a special diet as the result of a medically diagnosed health care need are **exempt** from the Regulations as they may need to follow specific diets e.g. consume high calorie foods. However, their needs should still be considered in the ethos of a health promoting school.

It is recommended that this policy is shared with the wider school community including pupils, all staff working in schools, parents, PTAs, visiting specialists and partner agencies so they are aware of the nutritional requirements. It is advisable they adopt similar principles which are in line with this policy and the schools policy on providing food and drinks.

Food and Health is one of the six organisers within health and wellbeing within Curriculum for Excellence. It endorses a whole-school approach to food and health. This policy should be implemented in conjunction with an integrated food and physical activity programme across the curriculum, which will have a greater impact on health outcomes.

Summary of the Nutritional Requirements within the Act

Nutritional Requirements for Food and Drink Regulations

The regulations cover all food and drinks sold or served in schools and are broken into two parts –

1. Two sets of standards for **schools lunches** –
 - Nutrient standards which set out the proportion of nutrients pupils should receive from an average day's school lunch
 - Food and drink standards which define the types of food and drinks that pupils should be offered as part of the school lunch and their frequency.
2. Standards for food and drink served **outwith the school lunch** e.g. tuckshops, vending machines, community cafes, breakfast clubs and after school clubs.

School Catering must adopt the nutritional requirements when providing school lunches. Menus are analysed to ensure they are meeting them.

The following standards must apply to all food and drink outlets served **outwith** the school lunch (including tuckshops, vending machines, breakfast clubs and after school clubs)

Food Standards

1. Fruit and vegetables	A variety of fruit and/or vegetables must be available in all school food outlets.
2. Savoury snacks	Only pre-packaged savoury snacks with: <ul style="list-style-type: none">• pack size of no more than 25g• no more than 22g of fat per 100g• no more than 2g of saturates per 100g• no more than 0.6g of sodium per 100g• no more than 3g of total sugar per 100g are permitted.
3. Table salt and other condiments	Additional salt must not be provided in schools. Condiments (if available) must be dispensed in no more than 10ml portions.
4. Confectionery	No confectionery can be provided (including cereal bars and yoghurt coated dried fruit). <i>Definition of confectionery is available on page 35 of the guidance.</i>
5. Fried foods	Fried foods cannot be provided.

Drink Standards

The 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*
- A 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*

* Refer to page 59 in the guidance document for details on specific criteria for these drinks.

The following tables provide some further clarity and practical suggestions on food and drink which can be provided **throughout the school day, before school or after school** (not including school lunches). It is not possible to provide an exhaustive list of all products which can be offered, therefore, schools should consider when providing food and drink if they are items to be promoted within a health promoting school. Also children and young people have different nutritional requirements e.g. a primary 2 will have different requirements from a S3 pupil, therefore some common sense should be used in deciding portion sizes.

Food Provided Outwith the School Lunch

Some of the items in the table require further explanation which is detailed below the table, these are denoted with an asterix.

It is recommended the following items can be available on a daily basis: <i>Fruit and/or veg must be provided as part of any food/drink provision.</i>	The following items are suggestions for inclusion, however some care should be given to selecting them and they should not be available on a daily basis:	The following items are not allowed under the nutritional regulations:
Fruit – fresh, tinned or frozen.	Plain popcorn complying with the savoury snack criteria (although most do).	Cereal Bars
Raw vegetable sticks.	Nuts and seeds with no added salt or sugar. Be careful of allergies refer to the 'Special Dietary Policy'.	Even savoury snacks complying with the savoury snack criteria are not allowed during the lunch period as they may compete with healthier lunch items.
*Toast, scones, pancakes, crumpets, potato scones, muffins.	Small portions of cheddar cheese or processed cheese (15-25g).	Yoghurts containing confectionery e.g. with chocolate balls/flakes are not permitted.
	Rice cakes	Confectionery
	Dried fruit (preferable to limit to mealtimes as damage caused to teeth)	Coated dried fruit e.g. yoghurt coated raisins
	Yoghurts or fromage frais – choose lower fat/sugar varieties.	Chocolate or chocolate coated products.
	*Breakfast cereal or porridge	
	*Crisps complying with the savoury snack criteria.	
	*Oatcakes, water biscuits, cream crackers, breadsticks, crispbreads and melba toast complying with the savoury snack criteria.	
	*Home baked items using healthier recipes.	

	Soup	
	*Sandwiches, bagels, pitta bread, softies including wholemeal varieties.	
	*Grilled bacon/sausage served in wholemeal bread.	
	Scrambled eggs	

Toast, scones, pancakes, crumpets, potato scones, muffins – served with a vegetable based spread or cheese spread. It is suggested these are not served with condiments e.g. jam throughout the day e.g. at mid-morning as their sugar content can be damaging to teeth and therefore better to be kept to mealtimes e.g. breakfast.

Breakfast cereal - choose varieties low in sugar or not coated in sugar and preferably whole-grain or porridge served with semi-skimmed or skimmed milk, examples include shredded wheat, weetabix, branflakes, cornflakes, rice krispies.

Crisps - The consumption of crisps is not to be encouraged, therefore, if schools don't currently sell them there is no reason to start. At the time of writing 'Walker Lights' and 'Squares Ready Salted' 25 gram packets comply with the criteria.

Oatcakes, water biscuits, cream crackers, crispbreads, melba toast and breadsticks are all classed as 'savory snacks', therefore most don't meet the savory snack criteria. However, if you find some that do e.g. reduced fat crackers, and water biscuits, then these would be an option served with a vegetable based spread, cheese spread or small portion of cheese (e.g. 15 to 25g, e.g. babybel, triangle of cheese or small cube/stick of cheddar cheese).

Home baked items – Some schools make/buy 'home baking items' to sell (see below). These should not replace confectionery and therefore we would recommend to **not serve them more than twice a week**. The nutritional value can be enhanced by the following; increasing fruit content, using less sugar (and substituting sugar with fruit), increasing fibre (e.g. with wholemeal flour), use less fat and unsaturated fat (e.g. use liquid vegetable oil as an alternative). Flapjacks, carrot cakes, cookies, fruit cake and apple cake are all examples of items that incorporate the above tips.

NB. Schools should not serve/sell any food or drink which has been prepared at home or outwith a proper manufacturing process e.g. homemade bakery products, cheese from a local farm. Also all food and drink prepared should be overseen by someone holding a current food hygiene certificate.

Sandwiches, bagels, pitta bread, softies – suggestions for fillings include; lean ham, chicken and sweetcorn, cheese, egg or tuna and peppers. A vegetable based spread or low fat mayonnaise (as a binding agent) can be used sparingly. Limit the number of fillings using mayonnaise, use thicker slices of bread and include salad and/or vegetables where possible. Further guidance on sandwiches is available in the guidance document, see page 49.

Sausage/Bacon – If serving sausage or bacon they should be grilled and preferably served in wholemeal bread **no more than twice a week**. Some consideration should also be given to the type of product used; it should be lean bacon and specific nutrient specifications have been written for sausages which is included in the '*Nutrient Specifications for Manufactured Products*', Food Standards Agency - <http://www.food.gov.uk/multimedia/pdfs/tnsschool2006.pdf> If providing condiments e.g. tomato sauce, they must only be dispensed in 10 ml portions.

Drinks Served Outwith the School Lunch

Some of the items in the table require further explanation which is detailed below the table, these are denoted with an asterix.

It is recommended the following drinks can be available on a daily basis:	The following drinks can also be provided, however some care should be given to selecting them:	The following drinks are not allowed under the nutritional regulations:
*Water – still or carbonated	Drinking yoghurts and flavoured milk complying with the criteria (refer to pg 41 of the guidance).	Drinks with added sugar or artificial sweeteners, this includes 'juice drinks', and diluting juice.
Milk – semi-skimmed or skimmed	*Fruit juice, fruit smoothies or 'juicy water' complying with the criteria.	Carbonated soft drinks included those which are sugar free e.g. diet cola
	*Tea or coffee made with semi-skimmed or skimmed milk.	Flavoured water.
		Sports drinks.
		Full fat milk.

Water - all children should have access to free drinking water on a daily basis (encouraging the use of clear drinking bottles can prevent sugary drinks being brought in from home).

Fruit juice, fruit smoothies or 'juicy water' (which is fruit juice with water added) can all help count towards one portion of the '5 a day', however can be harmful to teeth, therefore is advisable to restrict them to mealtimes, providing them with a straw can also help. Also they must meet the criteria detailed on page 42 and 43 of the guidance and portion size should be limited to 200ml.

Tea or coffee - these should only be available in secondary schools as they restrict the absorption of iron and are not advisable for younger children where iron consumption may be lower due to smaller appetites.

Breakfast clubs – The food and drink standards also apply to any breakfast provision, the following are suggested food and drink items to offer for a breakfast;

- Fruit and/or vegetables must be provided as part of a breakfast provision.
- Cereal (low in sugar or not coated in sugar and preferably whole-grain) or porridge served with semi-skimmed or skimmed milk, examples could include shredded wheat, weetabix, branflakes, cornflakes or rice krispies.
- Toast, scones, pancakes, crumpets, potato scones, muffins, these can be served with a vegetable based spread, cheese spread, jam, honey, marmalade or marmite.
- Yoghurts or drinking yoghurts (see comments above).
- Grilled bacon/sausage in a wholemeal sandwich (see comments above).
- Eggs – scrambled or boiled with toast.

- Fruit juice, fruit smoothies or 'juicy water' (see comments above).
- Tea and coffee (only for secondary schools, see comments above).

Birthday celebrations – The policy is for parents to be advised that birthday cakes (home made or bought) or party bags containing confectionery etc **should not** be brought into schools/nurseries to celebrate children's birthdays nor should schools/nurseries provide birthday cakes themselves (this is due to the frequency that birthdays can occur within a class). If schools still wish to mark childrens' birthdays they could hold a 'class birthday' once a year.

Refer to page 5 of this policy under 'home baked items' for general advice on food preparation and produce being brought in from home.

Prizes and rewards – Confectionery **must not** be given out as a reward in schools.

Enterprise – Enterprise activities can often involve food and drink activities. Any such activities are required to comply with the nutritional requirements of the Act.

Fairtrade Produce – Many school communities are involved in 'fair-trade' activities, however some of the fair-trade produce falls outwith the nutritional requirements. Chocolate bars, cereal bars and coated dried fruit are all foods that are no longer to be provided and as a result schools should consider alternative produce. However, if fair trade events are taking place occasionally or as a one-off throughout the year they can be classed as social/cultural celebrations and are therefore exempt.

Practical Food Preparation/Food Tasting – Practical food preparation is exempt from the Act. However, again in the ethos of a health promoting school consideration should be given to such activities. It is important to remember that it is all relative and tasting small quantities of food as part of a project provides valuable other experiences for pupils, e.g. tasting pastries as part of a French day.

Cultural/Social celebrations – Cultural/social celebrations are exempt from the act e.g. Burns day, Christmas party, sports day. The following are some key points to consider when planning such events;

- There is a feeling that children and young people should be allowed to consume any food or drink items during such events as they don't take place regularly and 'anything is okay in moderation'. However, many such food and drink items have become everyday items. Therefore these events offer an opportunity to provide a choice of items and not only foods high in fat, sugar and salt as this is not then 'moderation'.
- Also due to the number of social/cultural celebrations which can occur throughout the year, schools should consider what food and drink is provided during these events over the course of the year.
- In making decisions about providing food and drinks for social/cultural celebrations if a school decides to provide confectionery/cakes they should consider the portion size e.g. a fun size chocolate treat is

preferable to a full size bar or a small plain cake is preferable to one full of icing.

- It is also recommended to involve pupils as to what can be provided at cultural/social celebrations and what healthier items may be popular.
- The above principles should be applied to all social/cultural events including those run by PTAs and other parties.
- Some suggestions for food/drink items to offer at cultural/social celebrations include; pizzas (choose options with less cheese and no processed meat), fruit kebabs, sandwiches, wraps, cheese and pineapple sticks, vegetable sticks with dip, low fat crisps, breadsticks, plain popcorn, pitta bread and dips, plain pretzels, plain biscuits, healthier home baking (see page 5 of this policy under 'home baked items' for general advice on food preparation and produce being brought in from home) and smoothies. **This list is just some suggestions and the principal is that foods high in fat, sugar and salt should not be the only options on offer.**

Summary – This policy is intended to support schools and partners within Aberdeen City in implementing the Schools (Health Promotion and Nutrition) (Scotland) Act 2007. The overarching principle is to consider your practice within the ethos of a health promoting school. Further advice and support is available from your Health Improvement Officer.