

29th August 2018

**Increase access to fruit and vegetables**

**1- What are your views on our intention to amend the current school food and drink Regulations to ensure children and young people are able to access more fruit and vegetables as part of their school day?**

It is certainly right and proper that schools should offer more fruit and vegetables and we welcome that the regulations are being extended to tuck shops. We hear from parents in schools where the offering is greatly limited due to allergies and other concerns ( a ban on grapes as a potential choking hazard for example) and fail to see how the new regulations will be able to overcome that.

Parents also tell us that they would like to see local authorities encouraged to offer foods from other cultures more often as a route to promoting more vegetables.

**Reduce the sugar content of school food and drink provided in schools**

**2- What are your views on our intention to amend the current school food and drink Regulations to ensure the amount of sugar children and young people can access over the course of the school day is reduced?**

Parents have told us that they would welcome a reduction in the sugar offered at school. In particular parents are concerned about the frequent offering of sweet puddings, suggesting to children that pudding is the norm rather than a treat.

The banning of fruit smoothies could be a confusing message to parents who are trying to encourage their children to consume more fruits.

**Provision of red and red processed meat**

**3- What are your views on our intention to amend the school food and drink Regulations to set a maximum for red and red processed meat in primary school lunches and for overall provision in secondary schools?**

This seems sensible given the evidence.

**A change to the application of nutrient standards in secondary schools**

**4- What are your views on our intention to amend the school food and drink Regulations to enable caterers to provide a service which better supports secondary age pupils to make balanced and nutritious food and drink choices as part of their school day?**

We agree that young people in secondary schools buy and consume food and drinks in a very different way to primary school children, particularly that the consumption of foods outwith the lunch period is far more prevalent and that items are sold. These amendments therefore seem appropriate.

**Any other comments**

**5- Do you have anything else you wish to comment on in relation to the nutritional content of food and drink provided in local authority, and grant maintained, schools in Scotland via the School food and drink Regulations?**

We appreciate that the regulations cannot address issues in relation to how it is delivered, but changing regulations in a silo is not effective. That is to say that the heart of every effective change is good education and teaching knowledgeable choices. There needs to be supporting information with each meal / offering so that young people can see what they are choosing and why it's a good / moderate choice.