

EAT WELL TO LIVE WELL

Tuck Shop Policy into Practice

Encouraging our children and young people to eat healthily is one of the biggest challenges facing Scotland today. From fast food to fizzy drinks, too many of our youngsters have a diet that falls short of the national recommendations and is less healthy than the diet of youngsters in other European countries.

The Schools (Health Promotion & Nutrition) (Scotland) Act 2007 aims to help young people eat healthily during the school day and beyond. Cordia (Services) LLP supports Glasgow City Council Education Services to meet the requirements of the Act by providing healthy food and drink in schools to encourage Glasgow's young people to make the right choice in order to maintain a healthy lifestyle.

HOW CAN WE COMPLY?

As food providers we have a strong influence over the choices that children and young people make. This guidance is intended to provide support and advice when deciding what to include in a healthy tuck shop within an education environment to ensure compliance with the regulations of the Act.

FOOD AND OPTIONS

YES	SELECT WITH CARE	NO
<p>A variety of fruits and/or vegetables must be available in all school food outlets. These could include for example:</p> <ul style="list-style-type: none"> • Whole or pieces of fresh fruit • Canned fruit in natural juice • Raw vegetables • Salads 	<p>The following foods can be provided if they meet the specific criteria:</p> <p>Dried fruit with no added sugar or salt.</p> <p>Only savoury snacks that have:</p> <ul style="list-style-type: none"> • maximum 22g of fat per 100g • maximum 2g of saturates per 100g • maximum 0.6g of sodium per 100g • maximum 3g of total sugar per 100g • maximum pack size of no more than 25g <p>This includes crisps, crisp-like products, seeds, pretzels, salted or sweetened popcorn, rice crackers, cream crackers, oatcakes and bread sticks.</p> <p>Other items: fruit based yoghurt (lower fat/sugar) fromage frais, low fat and low sodium cheeses, toast or bread with polyunsaturated spread, home baking (low in fat, sugar)e.g. pancakes, scones and crumpets and unsweetened biscuits, low sugar, fat and sodium breakfast cereals.</p>	<p>No confectionery- this includes:</p> <p>Chocolate and chocolate products including chocolate spreads</p> <p>Full or partially chocolate coated products</p> <p>Sweets (including sugar-free sweets and chewing gum)</p> <p>Chocolate, yoghurt or sugar-coated dried fruit and nuts</p> <p>Cereal bars, processed fruit sweets and bars</p> <p>Fried foods, including products deep-fried in the manufacturing process for example doughnuts.</p>

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DRINK OPTIONS

YES	SELECT WITH CARE	NO
<p>Free drinking water is available in schools at all times. Drinks that could be provided include:</p> <ul style="list-style-type: none"> • Mineral water (still or carbonated) • Semi-skimmed, skimmed milk or lower fat milks 	<p>Milk drinks (hot or cold) and drinking yoghurts containing:</p> <ul style="list-style-type: none"> • maximum 1.8g of total fat per 100ml • maximum 10g of total sugars per 100ml • maximum 20g of total sugars per portion size. <p>This includes hot chocolate/cocoa, milkshakes and milk or yoghurt based smoothies.</p> <p>Any variety of fruit/vegetable juice or vegetable and fruit combinations:</p> <ul style="list-style-type: none"> • maximum 200ml per portion • no added sugar or salt <p>This includes apple, orange and carrot juice and fruit and vegetable smoothies.</p> <p>Combination drinks of water (still or carbonated) and fruit/vegetable juice which contains:</p> <ul style="list-style-type: none"> • no added sugar • maximum 20g of total sugars per portion size • 50% or more fruit/vegetable content • maximum 200ml fruit/vegetable juice <p>In tea/coffee use semi-skimmed, skimmed milk and other lower fat milks.</p>	<p>No still or carbonated soft drinks, this includes flavoured waters.</p> <p>This excludes combination drinks that meet the criteria detailed in the 'SELECT WITH CARE' column.</p> <ul style="list-style-type: none"> • No sugar-free still or carbonated soft drinks, this includes flavoured waters • No sweetened fruit juice. • No sweetened or salted vegetable juice. • No squashes/cordials including lower sugar and 'no added sugar' versions • No whole milk • No sport drinks

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Look at the label

Look at the labels and go green, this will identify low fat, low sugar and low sodium items.

Check how much fat, sugar and salt is in your food.



Remember that the amount you eat of a particular food affects how much sugar, fat, saturates and salt you get from it.

Food Shopping Cart

	Sugars	Fat	Saturates	Salt
What is HIGH per 100g	over 15g	over 20g	over 5g	over 1.5g
What is MEDIUM per 100g	between 5g and 15g	between 3g and 20g	between 1.5g and 5g	between 0.3g and 1.5g
What is LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below

For further information visit:

www.eatwell.gov.uk/healthydiet/eatwellplate/

YOUR COMMENTS ARE IMPORTANT TO US

We hope that you find the information provided helpful. If you need further guidance please feel free to contact us at, contactus@cordia.co.uk

For more detailed information contact the project helpline on 0141 353 9237