

Foods Out with the School Lunch



Permitted

- Fruit/vegetables (fresh, dried or frozen with no added sugar/salt/fat)
- 100% fruit juice up to 200ml
- Some fruit/water up to 200ml
- Some fruit/water combination drinks (see flowchart)
- Some savoury snacks (see flowchart)
- Breadsticks
- Oatcakes
- Bags of savoury crackers (see flowchart)
- Plain water (still or carbonated)
- Semi-skimmed /skimmed milk
- Some milk drinks (see flowchart)
- Some soya drinks (see flowchart)
- Tea/coffee (limited)
- Spreads made from liquid oils e.g. sunflower/olive spread
- Condiment sachets 10ml or less
- Yoghurts (without chocolate pieces)

Not permitted

- Confectionery
- Chewing gum
- Cereal bars
- Fruit/vegetables (with added sugar/fat/salt)e.g. processed fruit bars
- Soft carbonated drinks e.g. cola
- Some savoury snacks (see flowchart)
- Some soya drinks (see flowchart)
- Butter
- Deep fried foods
- Yoghurts with chocolate pieces
- Diluting juice
- "Whole" milk
- Sports drinks



If you require more information please contact:

Health Improvement Team
Strathbrock Partnership Centre
189a West Main Street
Broxburn
EH52 5LH

Tel: 01506 771848/5631

Information is available in Braille, tape, large print and community languages. Please contact the Interpretation and Translation Service on 0131 242 8181.

هذه المعلومات متوفرة بلغة برايل وعلى شريط وبخط كبير ولغات الجالية الرجاء الإتصال بخدمة الترجمة على الهاتف 0131 242 8181

এই তথ্য আপনি ব্রইল, টেপ, বড় আকার এবং কমিউনিটি ভাষায় পাবেন। অনুগ্রহ করে ইন্টারপ্রিটেশন সার্ভিসে যোগাযোগ করুন। টেলি: 0131 242 8181

這份資料可以凸字、錄音帶、大字印刷及社區語言的版本提供。請聯絡傳譯及翻譯服務部。電話：0131 242 8181

ਇਹ ਜਾਣਕਾਰੀ (ਬ੍ਰੇਲ) ਸੋਢੀਆਂ ਦੇ ਵੱਡੇ ਫਾਂਟੀ ਫੋਨਟ, ਟੇਪ, ਅਤੇ ਸਮੂਹਿਕ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ। ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਦੀ ਵਰਤੋਂ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਤਾਂ ਸੇਵਾਵਾਂ ਸੇਵਾਵਾਂ ਨੂੰ ਸੇਵਾ ਦੇ ਸੇਵਾਵਾਂ 'ਤੇ ਸੰਪਰਕ ਕਰੋ। ਟੈਲੀਫੋਨ: 0131 242 8181

ಇವುಗಳನ್ನು ಬ್ರੈಲ್, ಟೇಪ್, ದೊಡ್ಡ ಫಾಂಟ್ ಮತ್ತು ಸಮುದಾಯ ಭಾಷೆಗಳಲ್ಲಿ ಲಭ್ಯವಿದೆ. ದಯವಿಟ್ಟು 0131 242 8181 ನಂಟರ್‌ನಲ್ಲಿ ಸಂಪರ್ಕಿಸಿ.

Informacje te mogą być przełożone na język Braille'a, dostępne na taśmie magnetycznej lub wydane dużym drukiem oraz przełożone na języki mniejszości narodowych. Prosimy o kontakt z Usługami Tłumaczeniowymi pod numerem 0131 242 8181.

Published by West Lothian Council, West Lothian House, Livingston, EH54 6QG

What schools need to know about food:

A guide on foods that can be provided out with the school lunch

The Schools (Health Promotion and Nutrition) (Scotland) Act not only places health promotion at the heart of schools' activities but also ensures that all food and drink served in schools meets nutritional requirements set out by Scottish Ministers.

The purpose of this leaflet is to give schools guidance on food and drink that can be provided out with the school lunch – breakfast clubs, tuck shops, after-school clubs.

Please note that it is impossible to give guidance on all foods. Therefore, when deciding what foods to provide, stop and think. **Is this food a food that we should be promoting children to eat in a Health Promoting School?**



West Lothian Council delivers

www.westlothian.gov.uk



CUSTOMER SERVICE EXCELLENCE



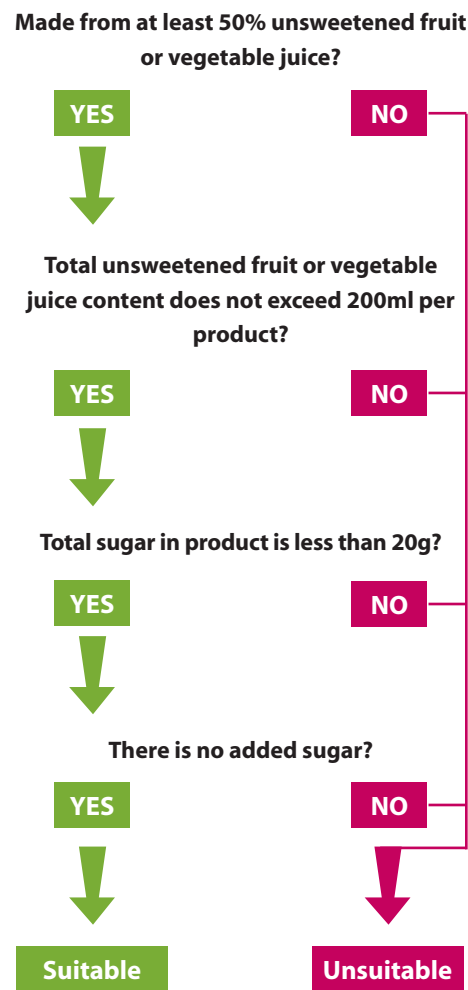
Savoury Snack Checklist

These are defined as pre-packaged items which can be eaten without preparation and consist of or include as a basic ingredient potatoes, other root vegetables, cereals nuts or seeds. Remember that dried unsweetened fruit in bags does not need to follow this checklist.



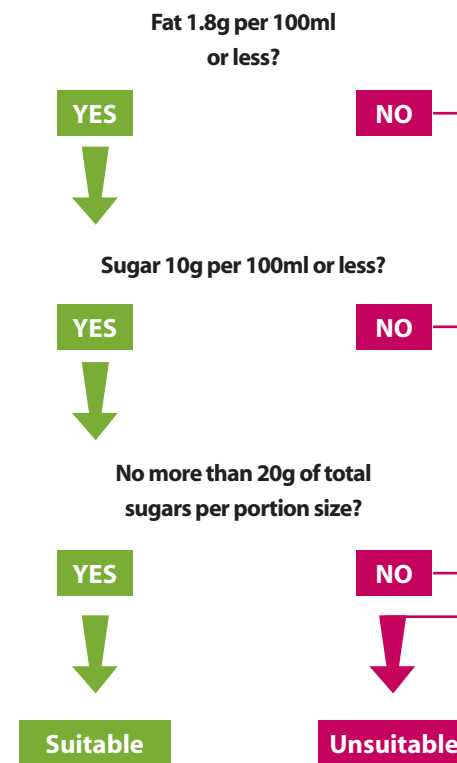
Fruit and Vegetable Drinks Checklist

Remember that any 100% pure unsweetened fruit juice up to 200ml in volume is allowed.

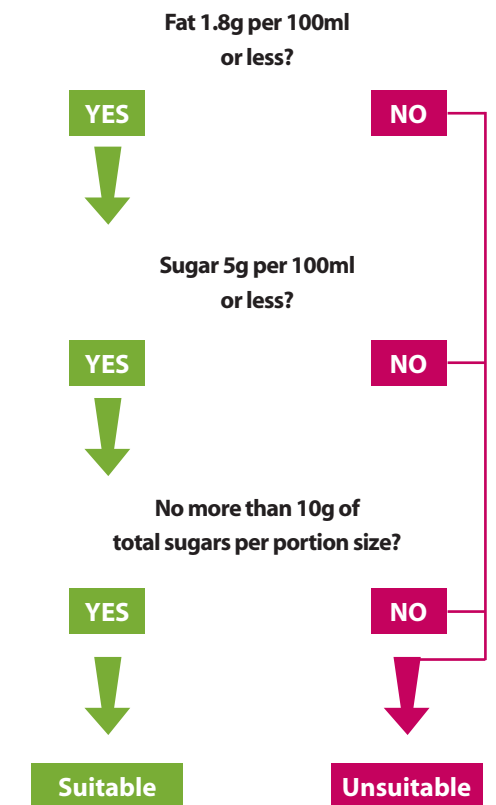


Milk Drinks Checklist

Only for flavoured milk and yoghurt drinks.
No whole / full fat milk allowed.



Soya Drinks Checklist



Advice on dried fruit

Although dried fruit (without added sugar/ salt) can be sold outwith the school lunch, it is preferable to limit the availability of this type of fruit to mealtimes. Dried fruit is a concentrated source of sugar. Frequent exposure to sugar damages teeth.