

## SCHEDULE 3

Regulation 3

## Nutrient standards for school meals

## 1. In this Schedule—

“average school meal” has the meaning given by paragraph 2;

“non milk extrinsic sugars” means any sugar which is not contained within cell walls, except lactose in milk and milk products; and

“nutrient” means any substance listed in Table A in paragraph 3.

2. The average school meal for a school must be calculated in accordance with the following formula:—

$$AB \div C$$

Where—

“A” is the total amount of energy and nutrient content provided in all school meals served in the course of a school week;

“B” is the estimated number of school meals served to pupils during that school week; and

“C” is the number of days in the school week.

## 3. The average school meal must provide—

- (a) an amount of energy which shall be either the figure shown in Table A or within 10% of that figure;
- (b) no more than the amounts of fat, saturated fat, non milk extrinsic sugars and sodium shown in Table A; and
- (c) as a minimum the amounts of all other nutrients shown in Table A.

**Table A**

<i>Nutrient</i>	<i>Minimum or maximum value</i>	<i>School meal provided to primary school pupils</i>	<i>School meal provided to secondary school pupils</i>
Energy			
(kilo calories)		557	664
(kilojoules)		(2328)	(2776)
Total fat (grams)	Max	21.7	25.8
Saturated fat (grams)	Max	6.8	8.1
Total carbohydrate (grams)	Min	74.3	88.5
Non milk extrinsic sugars (grams)	Max	16.3	19.5
Fibre (grams)	Min	4.5	5.3
Protein (grams)	Min	8.5	13.6
Iron (milligrams)	Min	3	4.4

**Draft Legislation:** This is a draft item of legislation. This draft has since been made as a Scottish Statutory Instrument: *The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 No. 265*

<i>Nutrient</i>	<i>Minimum or maximum value</i>	<i>School meal provided to primary school pupils</i>	<i>School meal provided to secondary school pupils</i>
Calcium (milligrams)	Min	165	300
Vitamin A (micrograms)	Min	150	187
Vitamin C (milligrams)	Min	9	11.0
Folate (micrograms)	Min	45	60
Sodium (milligrams)	Max	745	894
Zinc (milligrams)	Min	2.1	2.8

**Table B**

<i>Nutrient</i>	<i>Minimum or maximum value</i>	<i>School meal provided to primary school pupils</i>	<i>School meal provided to secondary school pupils</i>
Sodium (milligrams)	Max	686	824

4.—(1) On and after 31st December 2010 the requirements in paragraph 3 shall continue to apply to the provision of school meals but with the modification mentioned in sub paragraph (2) below.

(2) For paragraph 3(b) substitute—

“(b) no more than the amounts of—

- (i) fat, saturated fat and non milk extrinsic sugars shown in Table A; and
- (ii) sodium shown in Table B; and”.