

## 60090 School lunches provided by Edinburgh Catering Services

I would like information about school lunches provided by Edinburgh Catering Services.

1. Which menu items contain artificial sweeteners (and which ones, where present)

The use of artificial sweeteners is prohibited under the current food in Schools regulations. There are strict criteria on sweetened/baked products /deserts which must meet the Scottish food & drink regulations.

2. Which menu items contain added sugar (and how much)

Only sweetened yoghurts, fromage frais and other milk-based desserts meeting specified criteria can be provided. No more than 10gm of total sugar per 100g with a max portion size of 125g for Primary school pupils.

Only sweetened yoghurts, fromage frais and other milk-based desserts meeting specified criteria can be provided. No more than 10gm of total sugar per 100g with a max portion size of 175g for High School pupils.

3. Which menu items contain sugar substitutes such as concentrated fruit juice (and how much)

None as above

4. Whether any assessment has been made of UPFs in school lunch offerings. If so, which items have been identified as UPFs (and which definition was used)

CEC hold the food for life bronze award accreditation which is reviewed annually. There is a 25% threshold allowance for use of processed/convenience foods, however our menus are aligned to the food & drink in Schools standard with strict monitoring processes in place. As a service we believe by following these frameworks we have reduced processed foods, by allowing us to focus on cooking from scratch. The catering team plan and prepare fresh sustainable meals daily using local fresh ingredients.

The link below provides the Scottish food in Schools standards guidance for both Primary & Secondary pupils this also explains the regulations in more detail:

: <https://www.gov.scot/binaries/content/documents/govscot/publications/advice-and-guidance/2021/02/healthy-eating-schools-guidance-2020/documents/healthy-eating-schools/healthy-eating-schools/govscot%3Adocument/healthy-eating-schools.pdf>