

Guidance – Nutritional analysis APSE Consultation

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HMIE

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Requirement under the Act*

- Planning analysis of menus
- Provision of meals that meet Nutritional Regulations (based on estimated selections by pupils)
- Continuous improvement

* Schools (Health Promotion and Nutrition)(Scotland) Act 2007

Some points for discussion

Step 2

Provision – what this means.

Estimates of selections by pupils based on previous sales.

What to include in the analysis.

Planning Analysis

- Principles

Data – collection, input and analysis

- Ensuring the correct input

Meal Equivalents

What counts as a meal?

What about the single food or drink items selected by Pupils?

Planning Analysis cont'd

- Vending machines
Important to include these if they are used as additional sales points to serve meals.
- Information to be provided regarding the analysis
Substitution of menu item, portion sizes and if meal price is inclusive of items such as vegetables, dessert or soup or if the policy is to serve a meal with accompaniments without choice.

Practical Implications

- Can all this information be recorded at the moment using current practices?
- What changes may need to be made?
- Is this feasible?

Comments

- Will be collated from today's discussions
- Or in writing by 25 January 2008 to Laura.Nicol@hmie.gsi.gov.uk or Lesley.Kirkwood@hmie.gsi.gov.uk

Thank You for your
assistance.