Glasgow Children's Food Programme - Healthy Lunch Criteria

The Scottish Government is committed to ensuring that every child in Scotland has the best possible start in life and that includes making sure that our children have access to healthy and nutritious food.

This criteria is not intended to replace or describe current Government nutrient guidelines for food provision in schools, rather it is aimed at helping organisations who are providing food as part of the Glasgow Children's Food Programme to plan and provide a meal that supports children and young people's health and wellbeing , whilst being nutritious and enjoyable.
A healthy lunch can comprise hot or cold foods that may be shop bought or cooked in-house. Organisations aiming to create opportunities for children to engage and even make the food that they eat (with support from adults), will be welcome.

Healthy lunch provision should comply with the following criteria*

A DRINK	Drinks provided should be: • plain water(fizzy or still) • milk,(all varieties) • Pure fruit juices • Sugar-free drinks (fizzy or still) What **cannot** be funded are: • Full sugar drinks, including energy drinks, milkshakes and smoothies.
A MEAL	The meal should contain vegetables or fruit as per the five a day recommendation see here. When purchasing food, try and use the traffic light system and avoid foods and drinks high (red) in saturated fats, sugars or salt. For more information see, (Traffic light system) & NHS Choices. Please note that rehydrated pot meals **cannot** be funded and we ask that you avoid deep fried foods.
SNACKS & PUDDINGS	Please be mindful of the use of high fat, salt and sugary products such as cakes, biscuits, sweets, chocolate, pastries, ice cream and crisps, limited provision is anticipated.

***The list above is not exhaustive and if in doubt use the Traffic Light System for guidance.**

For examples of healthy lunches visit Eat Better, Feel Better or Change 4 Life.