

Appendix 4 Energy in Food (Pillar 1)

Overview of progress

There are 16 actions points (APs) in this section including one with 3 discrete actions. The majority of APs are in progress with 3 having reached their milestones. Of those in progress there are a number that are continuous in nature and several where the direction has changed or been overtaken by events. One has not progressed and another was deemed inappropriate for transfer to another sector. One AP was discontinued after considerable effort. Over and above routine national monitoring, monitoring is in place for 3 and evaluation has been carried out for 2 with evaluation of a third in progress. Costs have been provided for 3APs.

'Recipe for Success' the national food and drink policy dates from 2009. A consultation 'Becoming a Good Food Nation' will be reported in 2015 and will update 'Recipe for Success'. It includes proposals that will impact on the public sector and children's food, the proposed food commission has already been set up.

Description of progress

Work with the food industry

The original intention of a Food Industry Group (FIG) to oversee development was short lived and was overtaken by collaboration between the SG and FSAS to develop a voluntary framework across the food industry to encourage a broad range of change on issues including reformulation, portion size, stocking policies, pricing, labelling and catering. There was an intensive development phase and the framework 'Supporting Healthy Choices' was launched in June 2014, as yet 5 companies have signed up.

The work with caterers has focused on the Healthy Living Award. Although significant progress has been made the milestones for a number of awards have yet to be reached.

Specific work with retailers has focused on the Scottish Grocer's Federation Healthy Living Programme which promotes the purchase of fresh and healthy products, particularly in deprived areas. This project has exceeded its milestones with 1400 retailers involved and an evaluation has been completed.

The FSAS and SG collaborated on the consultation which has brought in a UK wide scheme of front of pack labelling in line with EU regulations, the scheme is voluntary and is included in 'Supporting Healthy Choices'

Work with schools

The commitment to free school meals has been followed through and is currently being expanded and evaluated, local authorities note a significant increase in uptake. A number of APs have been taken forward through 2 initiatives 'Better Eating, Better Learning' – a guidance which was published in March 2014 and 'Beyond the School Gate' – a guidance and toolkit which were published in June 2014. Local authorities have a commitment to follow these through with a broad range of actions and to evaluate the work using the frameworks in the documents. There has been significant investment in the school curriculum, for example through a Food for Thought resource produced in 2013 and a food education fund. Reformulation has not been targeted other than in 'Supporting Healthy Choices' and 'Better Eating, Better Learning', however reformulated products have been taken up by some local authorities. Compliance with the Schools (Health Promotion and Nutrition)(Scotland) Act 2007 was monitored by HMIE, now part of Education Scotland and with shared inspection of children's service with the Care Inspectorate .

Work with public sector

Public sector procurement guidance was issued shortly after the launch of the ORM. The plan to develop the schools regulations for other settings was dropped as inappropriate. However a number of initiatives are in place with a strong emphasis on both the Healthy Living Award and the Healthy Living Programme within the NHS through (CEL1). The development of a Food Charter for the Commonwealth Games was seen as innovative and is being taken forward by Event Scotland. Work is also underway in the prison service

Cooking skills

The improvement of cooking skills are currently supported nationally in several ways: through the FSA Eatwell resources, through Local Authority action, through the Community Food and Health Scotland (CFHS) small grants scheme and the national cooking bus which targets areas of deprivation. The Cooking Bus and CFHS projects have been evaluated and CFHS projects have supported large numbers of training courses in LAs across Scotland

Marketing and advertising

An initial campaign took place in 2011 and a new campaign commenced in January 2015 'Eat Better, Feel Better'. An initiative with the British standards Institution to develop a Publicly Available Specification (PAS) on responsible marketing was set up following a workshop with international experts. The initiative did not progress, despite considerable work and is being re-assessed.

Summary of progress on energy consumption

The APs which have progressed most are generally those which were already underway or at an advanced stage of planning at the time of the Action Plan launch. This applies particularly to the work of CFHS, the Healthy Living Award, and the Healthy Living Programme. All of these projects have targeted areas of inequalities. Whilst the CFHS work aims to support community development through food, the latter 2 projects depend on organisations and retailers opting in, unless there is a directive such as CEL 1 (2012), with both their staff and customers then opting for the healthy options. Progress in schools has been substantial and continues. A number of APs have resulted in the development of guidance rather than action although it should be noted that there is an intention to gather baselines and track development of 'Beyond the School Gate' - this has commenced in some areas. Work with industry has been slow and is at an early stage, this is particularly the case with 'Supporting Healthy Choices'. It could be said that with the exception of schools based actions, the work that has gone furthest is the easiest to tackle and relies on individuals opting in, and that the work with the food industry which could have a more direct impact requires more work, however, this would underplay the extensive development that has already been undertaken to achieve the launch of 'Supporting Healthy Choices'.

Please find below collated responses from various national organisations on their ORM activity against the ORM indicators (2010); key responsible agencies; a summary of 2011 position; and an update as at 2014/15. A summary of local authority activity is also provided. The information has not been updated since early 2015.

Action point 1.1	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>The Route Map encompasses a range of specific actions on energy consumption which are captured within the key themes of:</p> <ul style="list-style-type: none"> • product reformulation • portion sizes • stocking policies • pricing including promotions • labelling & packaging • marketing and non-broadcast advertising; and • catering <p>We are working with the food and drink industry to progress a series of innovative projects and action across all of these key themes.</p> <p>Milestones: Agreement has been made with stakeholders on the role and remit of the new FIG. FIG will now pursue a programme of action across the key energy consumption themes and it is expected that this will produce forward milestones for the medium to long term. We expect to achieve agreement of the FIG draft work programme by summer 2011.</p>	<p>Scottish Government(SG) COSLA Food Standards Agency Scotland (FSAS) 1</p> <p>The food and drink industry producers, retailers, manufacturers caterers and their representative bodies, such as the Scottish Food and Drink Federation (SFDF), the UK Food and Drink Federation (FDF), the Scottish Retail Consortium (SRC), the British Retail Consortium (BRC), the British Hospitality Association (BHA), the Scottish Grocers Federation (SGF) and Scotland Food and Drink (SFD).</p>	<p>The SG has commenced dialogue with producers, retailers, manufacturers and caterers through representatives of the food industry. We have agreed to establish a new group, the Food Implementation Group (FIG), with industry partners that will focus on working with all stakeholders collectively to achieve the energy consumption goals within the Route Map.</p> <p>FIG will oversee a programme of work which will include a wide range of actions at different stages. Future updates of this Action Plan will reflect the FIG work programme. While FIG is being established, a good deal of work is ongoing. On reformulation where work continues with FSAS and on which SG has agreed with SFDF to host a secondment from industry with expertise in reformulation to assist Small and Medium Enterprises (SMEs) in Scotland, starting in Spring 2011.</p> <p>FIG will have a remit to act for Scotland, but it will also include membership from UK bodies in recognition of the UK-wide approach often taken by the food and drink industry. Where consistent with Scottish policy and the Scottish Dietary Goals, FIG will take cognisance of the UK Government's Responsibility Deal being published in early 2011, to provide consistency of approach across the UK for producers and manufacturers, but we do anticipate that the long-term FIG programme will be further reaching in its scope and coverage.</p> <p>The SG acknowledges that it may not be possible for industry representatives to act upon every key theme. For example, we have to be mindful that we do not ask industry to contravene laws around competition. We will continue to thoroughly explore with our industry colleagues all potential avenues and approaches that allow us to make progress and to fully understand those areas where progress is not possible to help us develop other options.</p>	<p>FIG was disbanded in late 2012. In its place SG and FSAS collaborated to develop the Supporting Healthy Choices Framework. This underwent extensive consultation with the food industry and representative bodies during 2013 and early 2014. The framework was launched in June 2014 and covers all the key themes listed for Action Point 1.1.</p> <p>Scottish Government launched the Supporting Healthy Choices voluntary framework on 26th June 2014, following a period of consultation with the food industry and other key stakeholders (http://www.scotland.gov.uk/Topics/Health/Healthy-Living/Food-Health/supportinghealthierchoices). At this early stage 5 companies have signed up. The framework sets out voluntary action for the food industry, including manufacturers, retailers and caterers, to encourage and support consumers to make healthier choices.</p>

Action Point 1.2	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
Using our financial support schemes and integrated impact assessment to provide incentives to producers and manufacturers of lower energy food and ingredients.	SG FSAS	The SG provides subsidies to producers and manufacturers through a number of routes. SG will map these and aim to rollout a transparent and consistent means of taking health factors into account when assessing applications.	<u>Scottish Government</u> Food, Processing, Marketing and co-operation grants provide 40% funding on lower energy applications versus 30% grant on high energy proposals.
Action point 1.3			
<p>Working with Consumer Focus Scotland to extend the healthy living award to all caterers within public sector organisations and to have a stronger presence on the high street. For all organisations already participating, the healthy living award plus offers an opportunity to achieve step increases in the required ratio of healthy options to other options on menus from participating caterers.</p> <p><i>Milestones:</i></p> <p><i>Short Term: 250 1st term Award Holders by April 2011.</i></p> <p><i>Medium Term:</i></p> <p><i>HLA Plus take up in majority NHS sites by January 2012.</i></p> <p><i>150 local authority sites by end March 2012.</i></p> <p><i>80 FE/HE sites by end March 2012.</i></p> <p><i>900 Award holders by March 2012.</i></p> <p><i>Long Term:</i></p> <p><i>1,200 Award holders by March 2014.</i></p>	Consumer Focus Scotland Public sector FSAS	<p>Healthy Living Award (HLA) has already been achieved in 95% of NHS catering sites and around 48% of eligible local authority sites. Further progress will be linked to wider participation in private and third sector hospital sites.</p> <p>The Healthy Living Award plus has only been adopted by a handful of sites (20). A campaign to market the new award will be conducted to broaden its appeal. The success of this exercise will be reviewed by 2011.</p> <p>117 local authority sites and 64 Further and Higher Education sites have or are working towards the HLA.</p> <p>As at October 2010, there are 742 sites registered for and working towards their HLA in the public sector.</p>	<p><u>Healthy Living Award/ Scottish Government</u></p> <p>The Healthy Living Award helps food outlets prepare and promote the sale of healthier food options. The Award recognises and rewards caterers who reduce the amount of fat, salt and sugar in food they provide and make healthy options more easily available. There are 734 current award holders</p> <p>In terms of the High Street, this year saw the first large food outlet chain - Subway - sign up to the HLA, committing 10% uptake by end 2014.</p> <p>Significant investment has taken place in implementing the HLA in NHS sites. Most boards are 100% compliant with the standard award and have a deadline for reaching the Plus award by end March 2015.</p> <p>The Healthy Living Award is present in all prisons.</p> <p><u>NHS Health Scotland</u> Operates robust registration, assessment and QA processes. Health Scotland report on HLA – financial implications. (2013)</p>
Action point 1.4			
Encouraging the use of the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 to inform standards in commercial catering.	SG FSAS The food and drink industry	<p>FSAS will lead on taking this commitment forwards and work has already begun.</p> <p>It is possible that the new joint SG and food industry group FIG may wish to oversee this commitment – potentially linking to wider action in catering.</p>	<u>Scottish Government</u> We have not applied the Schools Nutrition Regulations to any other setting. It was established that these Regulations were not appropriate to be used in other areas.

Action Point 1.5	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Working with the Scottish Grocers' Federation (SGF) to extend the reach of the SGF Healthy Living programme within participating neighbourhood food shops, for example moving confectionary displays from till points and expanding the range of healthier choices offered and promoted under the scheme.</p> <p><i>Milestones:</i> <i>Short Term:</i> <i>Healthy Eating Fortnight promotion to be held annually in January.</i></p> <p><i>Medium Term:</i> <i>800 members by March 2013.</i> <i>50 Community Food Initiative members by March 2013.</i></p> <p><i>Long Term:</i> <i>All food retailers in hospitals to be members by March 2015.</i></p>	<p>SGF COSLA Local Authorities (LAs) FSAS</p>	<p>Phase 4 of the SGF Healthy Living Programme sets out a new Gold Standard for stores. Additional projects involve working with schools, community groups and sharing best practice among the sector through joint meetings and a joint Healthy Eating Fortnight in January 2011.</p>	<p><u>Scottish Grocer's Federation & Scottish Government</u> The healthy living programme supports other SG policies such as Supporting Healthy Choices and the programme resource is focussed in areas of multiple deprivation. The programme has continued to grow with now over 1400 retailers in the programme. The range of healthier products has been expanded to include items other than just fruit and vegetables. Work is being done with the healthcare setting to support removal of confectionery from the till points. Health Scotland performance manages the HLP.</p> <p>The Scottish Grocers Federation (SGF) Healthy Living Programme aims to improve the supply and provision of fresh produce and healthier food choices in local convenience stores. New funding was announced in April 2013, which meant that the participating retailers were able to expand the range of produce covered by the Programme, including bread, breakfast cereals and frozen vegetables. In addition new guidance was launched which gives information on how to implement the programme in store, including the use of promotional materials, and informs businesses of the foods that can be promoted.</p> <p>The Programme also now targets expansion of membership in hospital shops and restaurants. Programme members will also be encouraged to engage more with young people helping them make healthier choices.</p> <p>The long-term milestone is for all NHS retail outlets to have the HLP. While a number are members, their activity falls well short of actions in the catering sector. We are currently developing criteria for a Gold Standard in healthcare buildings, due this winter."</p> <p><i>The programme has an outcomes focused business plan which is reported on quarterly.</i></p> <p><i>http://www.scottishshop.org.uk/sgfhlp and http://www.healthscotland.com/documents/22782.aspx</i> <u><i>Healthy Living Evaluation Summary</i></u> <u><i>CFH evaluation of impact of SGF HL On Community Retailers</i></u></p> <p><i>Independent evaluation - see http://www.scottishshop.org.uk/images/Healthy_Living_Phase_4.pdf (this is actually a presentation rather than data</i></p>

Action Point 1.6	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Continuing the excellent progress of the Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and the subsequent Nutritional Regulations in making schools exemplary health-promoting environments. We will encourage the uptake of balanced and nutritious schools meals across all age groups</p> <p><i>Milestones: Compliance with the Act and Regs is monitored as part of HMle's inspection programme.</i></p> <p><i>School meal uptake is monitored via the School Meals in Scotland survey which is published annually.</i></p>	<p>SG COSLA LAs HMle Schools</p>	<p>Excellent work continues to take place at school and LA level to ensure the duties under the Act are met, including encouraging uptake of school meals. HMle health and nutrition inspectors monitor compliance with the Regs.</p> <p>Progress is good and support is ongoing.</p>	<p><u>Scottish Government</u> Better Eating, Better Learning was published by SG in 2014. This document builds previous work in the school setting. NHS HS were represented on the expert group which developed the document. Specifically on point (i) - NHS HS are also leading on an evaluation of the implementation of the P1-3 FSM initiative which will begin in January 2015. FSAS</p> <p><i>NHS Health Scotland are leading on the evaluation of P1-3 FSM.</i> http://www.childreninScotland.org.uk/docs/AskTheChildrenFINAL.pdf</p>
<p>Working towards providing free school lunches to more pupils in the earliest years of primary schools;</p> <p><i>Milestone: Legislation passed in December 2008 to enable local authorities to provide free school lunches to all pupils in Primary 1, 2 and 3 (complete).</i></p>	<p>SG LAs</p>	<p>There is clear agreement between the Scottish Government and COSLA that by August 2010 councils will provide a nutritious free meal to all P1-P3 pupils in the schools within the 20 per cent of the most deprived communities of each council area. Councils are also free, if they wish, to implement an alternative targeting scheme of equal extent. In addition, Councils will further work to promote increased uptake of free school meals amongst those currently eligible. We continue to keep in close contact with COSLA on these issues.</p> <p>Reporting is a matter for local authorities and information on progress is held by them. We continue to keep in close contact with COSLA on this issue but at this stage there is no intention to introduce new, additional reporting burdens on local authorities</p>	<p><u>Scottish Government</u> Free school meals were extended to children in primary 1 to 3 from January 2015 to help encourage healthy eating habits from a young age. We have also committed to protect access to free school meals during as a result of the UK Government's programme of welfare reform. In 2013 we passed legislation to ensure that anyone who would have been eligible to receive free school meals does not lose entitlement during the early stages of the roll out of Universal Credit This is an interim arrangement which will be replaced with a second Regulation when we get more clarity from the Department for Work and Pensions about the role out of Universal Credit in Scotland.</p> <p><u>Education Scotland</u> Introduced Free School Meal provision for P1 to P3 Jan 2015. From inspections anecdotally, the uptake in this age group is between 70 - 90%. This is supported by the responding local authorities who note a rise in uptake form a modest increase to exceeding expectation</p>
<p>Working with the food industry to deliver a wider variety of reformulated popular options complying with the nutrition regs; Milestones yet to be developed.</p>	<p>SG FSAS The food and drink industry</p>	<p>It has not been a priority for industry to reformulate products for this market as it is very small for them. The SG may opt to pick up this commitment under action 1.2. However, there are Target Nutrient Specifications for manufactured products in schools. Originally developed by FSA for Hungry for Success, these were subsequently taken up by FSA UK and the SG will consider with FSAS whether these can now be updated.</p>	<p><u>Scottish Government</u> Not a targeted policy. We continue to work with industry partners who are interested in providing products for schools which comply with the nutritional regulations. FSAS SG financial support provided through SFDF and case study booklet Reformulation for Health SME's now published link at https://www.fdf.org.uk/sfdf/SFDF-Reformulation.pdf Encouraged actively by multiple industry discussions and supported</p>

		Requires development (further discussion with FSA required)	through SHC and SME reformulation guidance as above. Education Scotland: Provision in schools reflects a number of products reformulated as a result of the regulations, primarily in the drinks sector. This however remains an aspect of provision where demand for “better” drinks is frequently reported by a proportion of young people.
<p>Working towards providing free school lunches to more pupils in the earliest years of primary schools;</p> <p><i>Milestone: Legislation passed in December 2008 to enable local authorities to provide free school lunches to all pupils in Primary 1, 2 and 3 (complete).</i></p>	SG LAs	<p>There is clear agreement between the Scottish Government and COSLA that by August 2010 councils will provide a nutritious free meal to all P1-P3 pupils in the schools within the 20 per cent of the most deprived communities of each council area. Councils are also free, if they wish, to implement an alternative targeting scheme of equal extent. In addition, Councils will further work to promote increased uptake of free school meals amongst those currently eligible. We continue to keep in close contact with COSLA on these issues.</p> <p>Reporting is a matter for local authorities and information on progress is held by them. We continue to keep in close contact with COSLA on this issue but at this stage there is no intention to introduce new, additional reporting burdens on local authorities</p>	<p><u>Scottish Government</u> Free school meals were extended to children in primary 1 to 3 from January 2015 to help encourage healthy eating habits from a young age. We have also committed to protect access to free school meals during as a result of the UK Government’s programme of welfare reform. In 2013 we passed legislation to ensure that anyone who would have been eligible to receive free school meals does not lose entitlement during the early stages of the roll out of Universal Credit This is an interim arrangement which will be replaced with a second Regulation when we get more clarity from the Department for Work and Pensions about the role out of Universal Credit in Scotland.</p> <p><u>Education Scotland</u> Introduced Free School Meal provision for P1 to P3 Jan 2015. From inspections anecdotally, the uptake in this age group is between 70 - 90%. This is supported by the responding local authorities who note a rise in uptake form a modest increase to exceeding expectation</p>
<p>Working with the food industry to deliver a wider variety of reformulated popular options complying with the nutrition regs; Milestones yet to be developed</p>	SG FSAS The food and drink industry	<p>It has not been a priority for industry to reformulate products for this market as it is very small for them. The SG may opt to pick up this commitment under action 1.2. However, there are Target Nutrient Specifications for manufactured products in schools. Originally developed by FSA for Hungry for Success, these were subsequently taken up by FSA UK and the SG will consider with FSAS whether these can now be updated.</p> <p>Requires development (further discussion with FSA required)</p>	<p><u>Scottish Government</u> Not a targeted policy. We continue to work with industry partners who are interested in providing products for schools which comply with the nutritional regulations.</p> <p><u>FSAS</u> SG financial support provided through SFDF and case study booklet Reformulation for Health SME’s now published link at https://www.fdf.org.uk/sfdf/SFDF-Reformulation.pdf</p> <p>Encouraged actively by multiple industry discussions and supported through SHC and SME reformulation guidance as above. Education Scotland: Provision in schools reflects a number of products reformulated as a result of the regulations, primarily in the drinks sector. This however remains an aspect of provision where demand for “better” drinks is frequently reported by a proportion of young people.</p>

Route Map Action Points	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>(i) supporting schools to make remaining in school for lunch more attractive to secondary school pupils through a range of innovative approaches.</p> <p><i>Milestone: Compliance with the Act is monitored by HMle Health and Nutrition inspectors. SG is informed if there are any compliance issues.</i></p>	<p>SG FSAS COSLA LAs The food and drink industry</p>	<p>There is a duty placed on local authorities by the Schools (Health Promotion and Nutrition) (Scotland) Act 2007 to promote school lunches and, in particular, free school lunches. Compliance with the Act is monitored by HMle Health and Nutrition inspectors who offer advice where possible on where and how improvements can be made. Examples of good practice are shared at networking events with and between local authorities and where appropriate on several websites (SG and external) for example Glow.</p> <p>Progress is good and support is ongoing.</p>	<p><u>Scottish Government</u> We published the Better Eating Better Learning (BEBL) Guidance in March 2014 which provides local authorities and schools with guidance and support to continue to drive improvement in school food provision. http://www.gov.scot/Publications/2014/03/1606</p> <p><u>Education Scotland</u> Beyond the School Gate was published 2014. Real variability exists across the country in the success of secondary schools to retain young people in school at lunchtime. Competition from local shops and particularly from supermarkets is strong. Cost is a factor where young people can purchase multiple items cheaply (doughnuts, cookies, bread, cold meats, large bags of crisps). Examples of school response include the introduction of noodle bars in addition to pasta bars, self-serve salad bars and deli style sandwich bars, additional food outlets within school grounds and themed events such as summer barbeques. Pre-order services work well (including the installation and use of automated pre-order terminals) when linked closely to lunchtime club provision but again success is highly variable across the country and from school to school within authorities. A few authorities have introduced online payments for parents and this has had a positive impact on uptake in some areas.</p> <p><u>Local Authority action</u> Responding LAs give numerous examples of actions put in place such as improving school dining rooms and setting up coffee bars and in one area outing in TVs. Cashless payments and online, pre-ordering have also been introduced in many areas. Themed days, taster sessions and information for parents including online have all been introduced. Pupils have been involved encouraging their peers to stay in school Better Eating Better Learning has been widely taken up with arrangements being put in place to audit its implementation Restricting the length of the lunch hour and younger pupils staying in school during the lunch break have also been introduced in some areas.</p>

Action point 1.7			
<p>Exploring measures to restrict access by children to nutritionally inappropriate meals and high energy and energy-dense foods from businesses located in the vicinity of schools.</p> <p>Supporting implementation of the 'Beyond the School Gate' benchmarking guidance for community planning partnerships on provision of lower energy and less energy-dense food options in the community, for example through limiting the number of fast food outlets near schools, leisure centres, parks and youth centres and encouraging the provision of outlets for healthy convenience food and drink.</p> <p><i>Milestones</i> <i>Report on current practice to encourage healthier eating patterns in the vicinity of schools by October 2011 agree with NHS Health Scotland, LAs, FSAS and partners a strategy and the potential for pilot programmes to promote healthier food options beyond the school gate by March 2012.</i></p> <p><i>Evaluate continuous improvement and agree measures to promote healthier food options beyond the school gate for national roll-out by March 2013.</i></p>	<p>SG NHS HS COSLA LAs Association of Public Service Excellence (APSE) FSAS The food and drink industry, in particular retailers and caterers</p>	<p>Decisions about the environment surrounding schools rest with LAs. Some LAs have adopted measures that promote a healthier environment around schools and these positive examples could be publicised within the LA community. The SG and FSAS will work with COSLA and LAs to develop a new Beyond the School Gate toolkit for LAs and facilitate information sharing across Scotland.</p>	<p><u>Scottish Government</u> Beyond the School Gate was published in 2014. NHS Health Scotland chaired the expert group</p> <p>A Working Group was set up to develop Beyond the School Gates guidance in March 2013. Membership was drawn from across a range of stakeholders including representatives from NHS Health Scotland, COSLA, Glasgow City Council, Moray Council, NHS Borders, Young Scot and Fife Food and Health Group. To support the development of the BTSG guidance, Young Scot carried out an online survey with young people across Scotland on their lunch choices during the school day, with a particular focus on choices outside of school. The Beyond the School Gate guidance was launched in June 2014. It provides guidance for local authorities, schools, retailers, caterers and other partners on what they can do to influence the food environment around schools and support children and young people to make healthier choices.</p> <p><u>Beyond the School Gate Report</u> http://www.youngscot.net/media/41392/btsg_-_2014_lunch_survey_report.pdf <u>Young Scot Reward Card for Healthy School Meals</u></p> <p>A self-assessment form was released alongside the publication of BTSG. LAs and Schools have returned these and a report will be compiled to inform the baseline for further evaluation</p> <p><u>Local Authority action</u> This has included taking forward Beyond the School Gate in a range of ways such as setting up different exclusion zones (250 or 500 m). In other areas the school have set up kiosks in school grounds or limited the hours local traders are able to operate. Joint work with local traders also takes place to encourage them to provide healthy options.</p>

Action Point 1.8	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Facilitating collaborations between schools and local food outlets to promote appealing, affordable lower energy and less energy-dense options for pupils who choose to leave school for lunch.</p> <p><i>Milestones</i> <i>Debrief and dissemination of Dunfermline pilot (to promote healthier food options to young people) to SGF retailer group by March 2011.</i></p> <p><i>Development of a package (resources, guidance) for stores to use in promoting healthier options for young people by August 2013.</i></p>	<p>COSLA LAs Young Scot FSAS The food and drink industry, in particular retailers and caterers</p>	<p>Currently developing work through the SGF Healthy Living Programme and Young Scot to encourage young people to choose healthier food options on their way to and from school and if intent on leaving school at lunchtime. Potential for expansion to include other catering establishments.</p>	<p><u>FSA</u> Guidance for SGF Healthy Living Programme members on promoting produce was published in March 2013. Now contained in the Supporting Healthy Choices framework (published June 2014) in Annexes B and C. The aim is to rebalance meal deals especially where customers include school-age children and young people FSA</p> <p><u>Scottish Government and Young Scot</u> A pilot was carried out in one store but this had limited success. Discussions have taken place with the SHF HLP, retailers and the Young Scot on how to take this forward and support has been outlined within Beyond the School gate however we are unclear of the impact of this.</p> <p><u>Scottish Government</u> A Working Group was set up to develop Beyond the School Gates guidance in March 2013. Membership was drawn from across a range of stakeholders including representatives from NHS Health Scotland, COSLA, Glasgow City Council, Moray Council, NHS Borders, Young Scot and Fife Food and Health Group. To support the development of the BTSG guidance, Young Scot carried out an online survey with young people across Scotland on their lunch choices during the school day, with a particular focus on choices outside of school. The Beyond the School Gate guidance was launched in June 2014. It provides guidance for local authorities, schools, retailers, caterers and other partners on what they can do to influence the food environment around schools and support children and young people to make healthier choices.</p> <p><u>Health Scotland</u> This action is included within the SGF HLP business plan</p> <p>A self-assessment form was released alongside the publication of BTSG. LAs and Schools have returned these and a report will be compiled to inform the baseline for further evaluation</p>

Action point 1.9			
<p>Reinforce messages for parents on the content of lunchboxes and provision of snacks in and around the school day.</p> <p><i>Milestone: All LAs adopting best practice and issuing guidance by end 2011.</i></p>	<p>FSAS COSLA NHS Health Scotland</p>	<p>Some Scottish LAs have already done this successfully (e.g. Aberdeenshire) and we can learn from this. SG to discuss with FSAS how to facilitate sharing of best practice in other areas. NHS HS previous advice can also be drawn upon and updated.</p>	<p><u>Scottish Government</u> This was an action primarily being taken forward by LAs. The BEBL guidance, published in March 2014, provides a section on communication and engagement which provides LAs and schools with guidance on communicating healthy eating messages with parents and children and young people sharing their learning on food and health to help to improve overall daily nutritional values.</p> <p><u>Education Scotland</u> Several Head Teachers have concerns about the content of Packed Lunches from home. Work on health promoting snacks has been seen to work well when supported by whole class reward schemes; the collective approach takes the focus away from the individual. A few examples recently of school tuck shops and breakfast provision being run by pupils, parents or staff who were unaware that food and drinks were required to comply with Nutritional Regulations. A few primary schools have had an emphasis on this through pupil committees with varying success. Most schools will through their school handbook and P1 induction, try to reinforce the health promoting ethos of the school and how this translates to the types of drinks and snacks that are appropriate. Tuck shops are far less common than they were previously as schools find it difficult to source products that have a long shelf-life. Fresh products often mean increased preparation time and a cost implication if the stock isn't sold. Budget cuts in authorities mean that free fruit for P1-3 has stopped in the majority of authorities. Anecdotal evidence might suggest that this has decreased the emphasis on healthy snacks, with fruit being less common place. Education Scotland promotes new / updated information around this to the extensive Food and Health/HWB networks across Scotland.</p>

Action Point 1.10	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Working across the public sector to promote and support the procurement of lower energy and less energy-dense products and to support the adoption of nutritional standards analogous to the school Nutritional Regulations 2008 to vending machines, retail outlets and public and staff catering facilities in NHS and Local Authority premises and other public sector organisations. The leadership of the public sector will set an important example which we would wish to see emulated by the private sector.</p> <p><i>Milestones:</i> <i>Procurement:</i> <i>SG public sector procurement guidance will include compliance with the Scottish Dietary Goals as a key criterion for decision making by January 2011 (complete).</i></p> <p><i>Schools Nutritional Regulations:</i> <i>Present picture on synergy of public sector settings with schools Nutritional Regulations to be mapped by December 2011.</i></p> <p><i>Implementation strategy to be agreed with key partners by June 2012.</i></p>	<p>SG FSAS COSLA LAs NHS</p>	<p>This commitment encompasses both procurement policies and stocking policies and spans a wide spectrum of public sector settings.</p> <p>The SG publishes and promotes guidance on public sector procurement and will ensure future scope of any guidance is sufficiently broad to allow public sector partners to incorporate the Scottish Dietary Goals as a key criterion in the procurement decision making process.</p> <p>A range of activity has already taken place to improve availability of healthier choices within public sector settings. The present picture needs to be mapped as a first step to enable gaps to be identified and dialogue to then take place with priority areas on further steps which could be taken towards meeting the aims of the school Nutritional Regulations. This will take account of work already completed by NHS Health Scotland.</p>	<p>Scottish Government /FSAS/HS SGF HLP are supporting the implementation of CEL 01, working with retail outlets to ensure they have the Gold standard at point of contract negotiation. NHS HS are working in conjunction with SPS to provide support to ensure menus are nutritionally analysed and that staff are appropriately trained. Current recommendations for food standards in the prison service are being reviewed by NHS HS with support from FSAS.</p> <p>Continued sign up to HLA. Increased action in public sector particularly hospitals with achievement of the gold award now compulsory through CEL letter. First high street chain up in Subway made through SHC commitment.</p> <p>http://www.healthscotland.com/documents/5805.aspx</p> <p>Procurement Action here has shifted with the advent of the 2014 Commonwealth Games legacy programme acting as a spur to develop a Food Charter.</p> <p>The Food Charter includes criteria on the provision of healthier, sustainable food that is high in quality and this was accepted by all food providers at the Games.</p> <p>The Food Charter has subsequently been adopted by other events including the Ryder Cup and is currently being developed as a standard document by EventScotland.</p> <p>Further work will be taken forward under Supporting Healthy Choices commitment 17 to develop and promote healthier food standards in future guidance for public sector procurement. The Food Charter is likely to act as a basis for this.</p>

Action Point 1.11	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Producers, manufacturers and retailers should take a responsible approach to prioritising the clarity of nutrition messages on food and drink packaging.</p> <p><i>Milestone: Timetable for European legislation and its commencement is still to be confirmed</i></p>	<p>SG FSAS The food and drink industry</p>	<p>Under new legislative proposals within the emerging Food Information Regulation (FIR) nutrition labelling will be regulated consistently across Europe. The Scottish Government continues to support the combined approach to front of pack labelling, i.e. %GDA, traffic lights and high-med-low, on a UK-wide basis. Evidence suggests that this combination of front of pack labelling markers is easiest to comprehend for all customers, particularly those shown to have the least healthy diets. This is the Scottish Government's position in negotiating the UK's approach to nutrition labelling and the options for considering the best way to convey energy density will be considered in the context of the FIR.</p>	<p><u>Scottish Government/FSAS</u> A UK-wide consultation ran from May to August 2012. The Food Standards Agency (FSA) in Scotland ran the process on behalf of Scottish Ministers, working with the UK Government, Welsh Assembly Government and the FSA in Northern Ireland. A new consistent front of pack nutrition label was introduced, making it easier for people choose healthier food and drink, regardless of where they shop. Practical guidance on the nutrition labelling was launched in June of 2014, the red-amber-green indicators will sit alongside information about Guideline Daily Amounts, clearly illustrating levels of sugar, fat, saturated fat, salt and energy. All of our market-leading retailers and several leading manufactures have signed up to using the label.</p> <p>This repeat nutrition labelling and additional form of expression (colour coding) permitted under new EU Regulations, EU regulations 1169/2011 on the provision of food information to consumers. Now also included as a commitment in Supporting Healthy Choices.</p>

Action Point 1.12	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Ensuring that everyone has access to opportunities to learn how to shop for and cook affordable healthy meals from raw materials.</p> <p><i>Milestone: Milestones yet to be developed</i></p> <p>Forward outcomes to be agreed from April 2011.</p>	<p>SRC SFDF LAs FSAS</p>	<p>With other actions focused on school-aged children and teenagers, action here will look initially at the adult population and in particular those for whom access and affordability may pose barriers to shopping and cooking from scratch. Resources which will be employed will include the forthcoming FSAS 'eatwell' resource (currently in draft and being tested) and the forward programme which the SG will set for Community Food and Health Scotland.</p> <p>Milestones will be delivered as the forward outcomes are agreed from April 2011 for Community Food and Health Scotland.</p>	<p><u>Scottish Government</u> Community Food and Health (Scotland) (CFHS) has supported several projects: Small Grants Scheme for community initiatives (£100k pa); Toolkits and guides for use by community food initiatives; Information exchange and network facilitation; Development of partnership working models; Support action research and practice development; Promotion of capacity building models such as social enterprises; Provision of evaluation support in partnership with Evaluation Support Scotland; Provide funding (£50k) and technical support to the Food Train Expansion Pilot Project to support services for older people; Work with Food Train to set up Meal Makers programme which promotes sharing of food in communities. People cook an extra portion of their main meal and share it with those in need; Work on establishing a national plan on providing nutrition advice and training for older people. Drawing on several local initiatives and unifying them in a single approach.</p> <p>The Healthier Scotland Cooking bus offers support to schools and community groups to enable them to gain the skills to cook healthy, affordable meals. The programme prioritises those groups in low</p>

			<p>areas of multiple deprivation. 50% of the time spent on the bus is focussed on CPD sessions to enable teachers and community leaders to pass these skills onto others. The bus also has a legacy co-ordinator which supports ongoing work after the bus visits. NHS HS performance manages the project.</p> <p>Awaiting publication of most recent evaluation The project has a outcomes focussed business plan which is reported on quarterly. http://www.healthscotland.com/documents/5805.aspx</p> <p><u>FSAS</u> The eatwell resource, Eatwell everyday, is available at www.eatwelleveryday.org.</p> <p><u>Evaluation of a EATWELL resource</u></p> <p>Education Scotland Preparing healthy food is part of the food and health area of the Curriculum, to which all learners are entitled. The Technology Impact report gives some evidence of the quality and of this experience. Generally, children's experiences of practical food activities are more frequent in early learning and secondary sectors, than in the primary sector. However, a lot of funds made available through the Food for Thought fund has been spent on increasing the confidence of staff through Career Long Professional Learning (CLPL) and to purchase equipment to enable a greater learning experience for children in the primary sector to develop practical food skills. We have some strong evidence from Phase 1 and 2 Food for Thought Evaluations. Successful schools in Phase 3 to March 2016 have just been notified. Support for staff is also available on the Education Scotland website for this specific aspect of the curriculum. The Eat Better, feel better campaign has also contributed to this agenda.</p> <p><u>Local Authority Action</u> Work takes place with parenting programmes, through the Early Years Collaborative, for older people and in partnership with local Health Boards. Extra-curricular cooking and gardening clubs are in place in some areas whilst others offer Food Hygiene courses, budgeting courses, NQs in Food and Health and Practical cookery. One local authority has developed food champion roles, another identified specific work with looked after children.</p>
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Action Point 1.13	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Increasing people's understanding related to food and diet across the population, including through the Curriculum for Excellence. Schools are a crucial setting in which to equip children and young people with the skills to choose, purchase and prepare lower energy and less energy-dense meals and snacks. While schools offer valuable opportunities to increase awareness of healthy weight, it is important that this is done in a sensitive way that does not increase stigma and undermine the mental wellbeing of children and young people.</p> <p><i>Milestone: Publish report by March 2011.</i></p>	<p>SG LA</p>	<p>The Scottish Government set up a number of Excellence Groups to help support teachers in becoming confident Curriculum for Excellence Practitioners. The Food and Health Group offers the opportunity to highlight the importance of Food and Health in the Curriculum for Excellence. The main remit of the Group is to produce a report for Scottish Ministers/ Local Authorities/ National Agencies/subject Associations – and teachers – with a central focus on classroom practice and on how to promote/inspire learning through Food and Health from 3 to 18 years.</p>	<p><u>Scottish Government</u> "Food and health is a key part of health and wellbeing within Curriculum for Excellence and we continue to support schools through Education Scotland to improve the quality of learning. Education Scotland produced a Food for Thought resource for schools in 2013 which seeks to support learning about food and drink through well planned interdisciplinary learning. We have invested £3 million over 2012 – 16 in a food education fund which is designed to help all pupils in Scotland to learn more about the food they eat and how it impacts on their health and on the environment.</p> <p>In March 2014 we launched Better Eating, Better Learning (BEBL) guidance which sets the agenda for the coming decade to drive further improvements to both school food and food education. BEBL sets school food and food education in a strategic context, linking it to policies such as Curriculum for Excellence; Scotland's Food and Drink Policy; Procurement Reform; and Community Planning duties.</p> <p><u>Community Food and Health Scotland</u> since 2010 CFHS has funded 26 community food practitioners to obtain the Royal Society for Public Health Certificate of Nutrition and Health or the Level 3 Award in Nutrition for Healthier Food and Special Diets, 10 practitioners to obtain the RSPH Diploma in Nutrition and Health, and 6 to obtain both the Certificate / Level 3 Award and the Diploma. The aim was to embed nutrition skills within organisations delivering food and health activities, so that staff and volunteers with these qualifications were confident / able to deliver accurate and consistent nutrition messages to the communities they work with....those funded to obtain the Diploma were expected to register to become REHIS Elementary Food and Health tutors so that they could deliver this accredited basic nutrition course. I've recently carried out a survey to identify the impacts obtaining a qualification for the course participants, their organisations and the communities they work with.</p> <p><u>Education Scotland</u> While all Primary Schools will include "healthy eating" in their health curriculum it does not always making relevant connections across learning including food and drink provision within the school. Increasingly we see children engaging well in food growing projects often linking with school kitchens, tuck shops and in a few cases enterprise activities. A cautionary note is the frequency of baking (cupcakes, choc krispies etc.) which is the focus of practical food activity, not always promoting the lower fat and sugar aspect.</p>

			<p>Cooking bus visits offer a wealth of food preparation opportunities which do not require or require minimal cooking/heating. Food for Thought funding has provided the opportunity to support schools/staff/learners to develop food preparation skills and more practical food experiences in all sectors.</p> <p>Education Scotland is currently updating the significant aspects of learning to support practice in schools in Food and Health, including practical food skills and problem solving skills. Those schools who have been involved in Child Healthy Weight projects, activities tend to be offered on a whole class basis.</p>
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Action Point 1.14	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Using social marketing to influence social norms and empower healthier food choices. We will extend the Scottish Government's 'Take Life On' campaign to include a wider range of community partnerships including supermarkets and community food schemes to increase consumer awareness of the benefits of healthy eating and encourage healthier food choices through incentives such as price promotions.</p> <p><i>Milestones;</i> <i>Morrisons Finance and Insight analysts will identify pre and post activity effect on:</i></p> <ul style="list-style-type: none"> • <i>Total store sales</i> • <i>Total store sales vs. control group</i> • <i>Changes to average basket spend and changes vs control group</i> • <i>Changes within key product categories e.g. produce</i> • <i>Reporting of data</i> • <i>Reporting of coupon redemptions.</i> <p><i>All of the evaluation to be completed by end of end February 2011.</i></p>	<p>The food and drink industry FSAS</p>	<p>The Strategic Marketing Unit are currently in negotiation with both Morrisons and Subway to provide SG branded 'healthier food choices' demonstrating that healthier eating does not need to be expensive. These partnerships will be supported with Take Life On events at Morrison stores. The impact of these partnerships and events will be evaluated by monitoring sales of the healthy food baskets communicated in Morrisons and sustainable behaviour evaluated by measuring impact on local families' diet. Any partnership agreed with Subway will be linked to a 'healthier lunch pack' and be evaluated over period of time by analysing Subway sales data for specific sandwiches. The Take Life On website is being re-developed to ensure that prominence is given to the importance of physical activity in children and how to swap high fat, high sugar snacks for more healthy options.</p>	<p><u>Scottish Government</u> The SGF HLP has strongly supported the Take Life on Campaign through its marketing, signage and links to ongoing promotions. The programme was rebranded to support the new eat Better, Feel Better campaign.</p> <p>"The ""Eat Better Feel Better"" Campaign will be launched in January 2015. This consists of a website which is a guide to cooking healthier food without spending a lot of money. The website has recipes that can be followed to make food that is made with fresh produce, of an appropriate portion size and lower in fat, sugar and salt. The campaign involves working alongside food retailers to promote "Eat Better feel Better"</p> <p>New SG campaign launched Eat better feel better http://www.eatbetterfeelbetter.co.uk/.</p>

Action Point 1.15	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Ensuring simple, direct and consistent communication of what a lower energy, less energy-dense diet is for an audience that is more likely than not to be overweight. Official guidance to the public on a healthy diet needs to provide easily understood practical advice about recommended total quantities and energy consumption, not just a healthy balance when portion sizes may be excessive.</p> <p><i>Milestones</i> <i>Plan to hold Field Support events at 13 participating Morrisons stores to be evaluated by end February 2011. Recipe cards will be distributed at these events.</i></p>	<p>SG FSAS</p>	<p>The Take Life On recipe cards pack details a number of healthier food choices and will be handed out at events in areas of multiple deprivation around the country. These cards give advice on cooking basic recipes with balanced, FSA approved nutrition and portion advice. The Take Life On website currently also gives advice on diet and portion size.</p>	<p><u>Scottish Government</u> "The "Eat Better Feel Better" Campaign will be launched in January 2015. This consists of a website which is a guide to cooking healthier food without spending a lot of money. The website has recipes that can be followed to make food that is made with fresh produce, of an appropriate portion size and lower in fat, sugar and salt. The campaign involves working alongside food retailers to promote "Eat Better fell Better".</p> <p>We launched the Good Food Nation discussion/consultation in June, closing date for responses was 17 October. The document proposed a vision of how Scotland can become a Good Food Nation and what that would look like. Proposals include establishing a Food Commission and Local Champions to drive the movement forward and proposed priority areas on food such as food in the public sector, children's food and local food. The vision encompasses all people in Scotland taking pride and pleasure in the food served in Scotland, with Schools, Hospitals, Retailers, Restaurants and food manufacturers being committed to serving such food. An emphasis on local, fresh, healthy and environmentally sound will promote Scotland becoming a Good Food Nation"</p> <p><u>FSAS</u> Ongoing tackling of marketing and promotion of food and drink products through SHC http://www.gov.scot/Topics/Health/Healthy-Living/Food-Health/supportinghealthierchoices. EU Nutrition and Health claims legislation and EU Food Information for consumers legislation in place</p> <p><u>NHS Health Scotland</u> Within NHS HS, the Food and Health Alliance has had a role in communicating message to the wider food and health network.</p>

Action Point 1.16	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>We are exploring opportunities to restrict advertising of foods high in fat, salt and sugar (HFSS) foods through non-broadcast media as outlined in the National Food and Drink Policy and we will continue to support a pre-9pm ban on advertising in broadcast media of HFSS.</p> <p><i>Milestones yet to be developed.</i></p>	<p>SG</p>	<p>SG has begun to explore options around this action and have commissioned the Institute of Social Marketing at Stirling University to look at options available to Government and look at practice in other countries. Phase 1 of research into measures that may be available to restrict HFSS food advertising is complete. Next steps are to bring together key stakeholders to discuss those measures that promise the biggest impact while being deliverable and within the powers of Scottish Ministers.</p>	<p><u>Scottish Government</u> "The Scottish Government has committed to mapping and exploring 'opportunities to restrict advertising of foods high in fat, salt and sugar (HFSS) foods through non-broadcast media'. A workshop was held in 2012 bringing together health professionals, policy makers, international experts from the WHO and EU alongside the food and advertising industry. As a result the Scottish Government, in partnership with the British Standards Institution (BSI), started developing a Publicly Available Specification (PAS) on the responsible marketing of food and drink. Unfortunately industry stakeholders withdrew support in October 2013 before final agreement could be reached. While the BSI process has now come to a halt, the work done has not been without merit, leading to the creation of evidence papers on the influence of marketing on purchase and consumption behaviour. All parties remain committed to constructive engagement on the issue of marketing of foods high in fat, salt and sugar. We are currently reassessing where the PAS failed and are revising manageable targets for the industry.</p> <p>Commitment 8 in Supporting Healthy Choices outlines that we will establish a working group by end 2014 to look at options."</p> <p>Re-energised through recent Ministerial letter to SoS in Westminster as it is a reserved issue</p> <p>Multiple discussions with food and drink companies across the food chain on reformulation by FSAS including how to reduce salt, fat and sugar in products, production of new salt targets to 2012 and revised to 2017</p> <p>http://www.food.gov.uk/scotland/scotnut/salt/saltreduction</p> <p>http://www.food.gov.uk/scotland/scotnut/satfatenergy;</p> <p>Background paper to SHC details evidence for priority product categories and how to reformulate food and drink across the food chain</p> <p>http://www.gov.scot/Topics/Health/Healthy-Living/Food-Health/supportinghealthierchoices</p>

