

# FOOD FOR LIFE SERVED HERE: NATIONAL & INTERNATIONAL IMPACT

By achieving the Food for Life Served Here (FFLSH) award for their school meals service, Scottish local authorities deliver across a range of policy priorities including health, the environment, and the local economy.

Award holders meet FFLSH standards, which support the Scottish Government's National Performance Framework's National Outcomes and the United Nations Sustainable Development Goals.



UNITED NATIONS  
SUSTAINABLE  
DEVELOPMENT GOALS

1 NO POVERTY

NO POVERTY

2 ZERO HUNGER

ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

GOOD HEALTH & WELL-BEING

4 QUALITY EDUCATION

QUALITY EDUCATION

6 CLEAN WATER & SANITATION

CLEAN WATER & SANITATION

8 DECENT WORK & ECONOMIC GROWTH

DECENT WORK & ECONOMIC GROWTH

11 SUSTAINABLE CITIES & COMMUNITIES

SUSTAINABLE CITIES & COMMUNITIES

12 RESPONSIBLE CONSUMPTION & PRODUCTION

RESPONSIBLE CONSUMPTION & PRODUCTION

13 CLIMATE ACTION

CLIMATE ACTION

14 LIFE BELOW WATER

LIFE BELOW WATER

15 LIFE ON LAND

LIFE ON LAND

SCOTTISH GOVERNMENT  
NATIONAL PERFORMANCE  
FRAMEWORK'S NATIONAL  
OUTCOMES

## BRONZE FFLSH STANDARDS

### NUTRITIONAL STANDARDS



**1.0 Caterers in schools and academies can demonstrate their compliance with national standards or guidelines on food and nutrition.**

FFLSH supports local authorities to meet the national nutritional regulations, offering pupils the best chance of getting the nutrients they need to grow well, be active, and stay healthy.

### FREE DRINKING WATER



**1.7 Free drinking water is prominently available**

FFLSH menus ensure free access to drinking water, which is the healthiest choice for quenching thirst because it has no calories and contains no sugars that can damage teeth.

### FRESHLY PREPARED



**1.1 At least 75% of dishes on the menu are freshly prepared (on site or at a local hub kitchen) from unprocessed ingredients**

FFLSH contributes to a skilled catering workforce in the Scottish public sector by encouraging school caterers to use unprocessed ingredients such as vegetables, meat, fish, dairy and eggs to create meals from scratch.

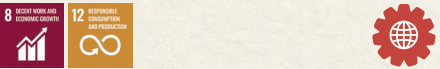
### SEASONAL MENUS



**1.8 Menus are seasonal and in season produce is highlighted**

Eating Scottish and British produce in season helps reduce the carbon footprint of school meals by cutting food miles and avoiding energy-intensive heated glasshouses. FFLSH school menus featuring seasonal dishes can more easily incorporate local, fresh ingredients.

### HIGH WELFARE MEAT



**1.2 All meat is from farms which satisfy UK animal welfare standards**

When Scottish local authorities put more Scottish meat on school meal plates, they invest in the local economy. Some FFLSH Scottish councils now buy 95 percent of their butcher meat from Scotland.

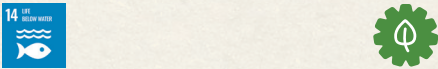
### FOOD PROVENANCE



**1.9 Information is on display about food provenance**

Educating pupils about the origins of their school meal offers them more of a connection to the food they are eating, where it comes from, and how it was produced. Normalising eating seasonally and locally equips pupils with skills to lead sustainable, healthy lives.

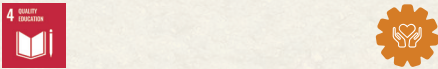
### SUSTAINABLE FISH



**1.3 No fish are served from the Marine Conservation Society 'fish to avoid' list**

With 90 percent of global fish stocks either fully or over-exploited, FFLSH menus support marine conservation by sourcing sustainable fish.

### DIETARY NEEDS



**1.10 Menus provide for all dietary and cultural needs**

School meals that cater for all dietary and cultural needs play a role in an inclusive and equitable education. It is important that all pupils can choose food that is suitable for them to eat and that children's voices influence decisions that affect their lives.

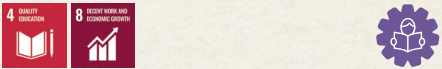
### NO UNWANTED ADDITIVES



**1.5 No undesirable additives or artificial trans fats are used**

FFLSH menus encourage children's healthy development by not including trans fats, which are associated with increasing coronary heart disease risk, or undesirable additives, which have been linked to negative effects on children's behaviour.

### STAFF TRAINING



**1.12 Catering staff are supported with skills training in fresh food preparation and Food for Life Served Here**

Regular workplace training and an increased emphasis on cooking from scratch contributes to the development of a highly skilled catering workforce in the Scottish public sector.

## SILVER & GOLD FFLSH STANDARDS

### SOURCING ENVIRONMENTALLY FRIENDLY AND ETHICAL FOOD



The FFLSH Silver and Gold awards encourage school caterers to source environmental and ethical food such as organic, free range, MCS or MSC approved fish, RSPCA Assured, and Fairtrade. Organic means higher levels of animal welfare, lower levels of pesticides, no manufactured herbicides or artificial fertilisers, and more biodiversity on farms.

### MAKING HEALTHY EATING EASY



The FFLSH Silver and Gold awards reward school caterers who make healthy eating easier, such as through healthier menus with raw vegetables and wholegrain bread, serveries that highlight healthier choices, and food education activities. This helps to ensure children receive a healthy, balanced diet and are ready to learn.

### CHAMPIONING LOCAL PRODUCERS



The FFLSH Silver and Gold awards reward school caterers for money spent locally. Sourcing produce locally helps support local farmers and businesses. Research shows that every £1 invested in Food for Life could deliver a social return on investment of up to £4.41. Local sourcing also helps reduce food miles and encourages seasonality which in turn reduces greenhouse gas emissions.

HEALTH

ECONOMY

ENVIRONMENT

CHILDREN & YOUNG PEOPLE

EDUCATION

POVERTY