

WATCHERS ON THE WALL

The ASSIST FM Conference 2019

ASSIST FM NATIONAL AWARDS 2019

More awards, more trophies, more recognition

SCHOOL FOOD & DRINK REGULATIONS

Let them eat what?

WELCOME

NATIONAL CHAIR OF ASSIST FM'S LETTER



info@assistfm.com

It's been a very busy couple of months since taking on the role of National Chair of ASSIST FM what with running the Development Forum to highlight the changes in the Food & Drinks Regulations to our suppliers, attending the APSE Awards in Newcastle and spending time at the NACC Training & Development Forum in Nottingham, to name a few highlights!

Last month saw the launch of our Members Section on the ASSIST FM website, giving our Local Authority members access to a huge bank of resources which we will use to encourage collaborative working across Scotland. Any member of staff with a local authority email address can register to access the site, and whilst it is only available for our local authority members at the moment, we are currently looking to introduce a section that our suppliers can access to bring you information on their current and most up to date products, all in one place. The Members Site also has a fantastic discussion board functionality which we hope you all will use to discuss any issues you come across in the Facilities Management sector. Please, if you haven't taken the opportunity to have a look at the site, find some time to do it as soon as you can – I'm sure you'll think it is worthwhile.

In October, we also publicly released our School Meals Research Project in partnership with Glasgow Caledonian University and we were delighted with the coverage from BBC Scotland Radio and TV Evening News, to the Scotsman Newspaper, the Times Education Supplement and even being highlighted during First Minister's Questions at Holyrood by MSP Brian Whittle. A full copy of the report can be found on our Members Site or by request at info@assistfm.com.

In this issue of The Facilitator, we'll be giving you an update from over the past four months, covering our Annual Conference and Awards, our Hands On Hungry and Cleaning With Class groups, our Research Project and the upcoming changes to Schools Food & Drinks Regulations as well as news stories from councils across Scotland and our suppliers.

I hope you enjoy my first edition of The Facilitator as ASSIST FM's National Chair, and if there is anything you would like to get in touch with me about or to get involved in, don't hesitate to contact me.

National Chair ASSIST FM
Jayne Jones



ASSISTFM1



ASSISTFM1

EDITED BY
Alan Cunningham
alan@totalizemedia.co.uk

DESIGN BY
TotalizeMedia Ltd.

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THE ASSIST FM CONFERENCE 2019

August saw the annual ASSIST FM Conference come to Glasgow in its 19th year with the theme of 'Watchers on the Wall' tying together the TV phenomenon, Game of Thrones, and the role that ASSIST FM plays in watching over its services and protecting them in difficult conditions.

On day one, Dr Jeremy Leach presented to a packed out seminar on his Nudge Theory which looks at 'how to nudge people using behavioural sciences' and how to apply this to the FM sector. Jeanette Orrey MBE followed, delving into her impressive career from dinner lady to the founder of Food for Life and becoming a commissioner on Food and Poverty with the Fabian Society in 2015. Dr Colin Espie, Professor of Sleep Medicine from the University of Oxford presented on 'What is Sleep and Why Does it Matter?', providing an insightful look into the importance of sleep and the workplace. The seminars then concluded with an emotional and inspirational session from Nigel Owens MBE, the Welsh international Rugby Referee who truly captivated the audience.

The feedback from delegates was fantastic and Sue Nield of Highland Council said that **"I especially enjoyed the speakers this year, the messages they shared are especially important due to the ever-challenging climates ahead."**

After the seminar, delegates were invited to attend the biggest ASSIST FM Conference Exhibition to date, with more suppliers in attendance than ever before, including a number of organisations new to the event such as Nespresso Professional and The Scottish Salmon Company. ASSIST FM also continued with their fantastic initiative backed by Hobart UK and Brakes Scotland to get the exhibitors to donate any unconsumed stock to a local food bank, combating food waste as well as supporting a local cause.

Jason McKeon from Unilever Food Solutions described the Conference as a **"Great opportunity to chat with Local Authorities, Buyers, Industry leaders and decision-makers over 2 days"** and **"the best in class industry event for FM in the UK by a mile."**



Day two saw an update for Local Authorities from Education Scotland delivered by Shirley Beattie which sparked great discussion from the delegates in attendance. Paul Fletcher and Kevin Onanu from Achieve More Scotland spoke about their work to tackle poverty and 'enable the life chances and health and wellbeing of young people and families at risk'. Catherine Agnew, Chief Inspector for Children at the Care Inspectorate discussed the role of the Care Inspectorate and the upcoming partnership that will be developed between the Care Inspectorate and Local Authority FM services. Gary Ennis of NS Design provided a compelling crash course in getting the most out of Social Media and the importance of developing your online presence. Most notably though was the presentation from Dr John McKendrick of Glasgow Caledonian University where he shared the research findings that himself and a team of students have been working on for ASSIST FM on issues pertaining to School Meals Provision in Scotland. The research will be published by Glasgow Caledonian University and ASSIST FM in the coming months.

The ASSIST FM Conference 2019 was a fantastic and informative event that has become unsurpassable for the Facilities Management sector in Scotland.



At the ASSIST FM Conference Gala Dinner, the winner of the prestigious Scottish School Cook of the Year Competition 2019 was announced as Maria Millar from Knox Academy in East Lothian Council. Maria also came third in 2018's competition and won the accolade in 2017!

For the Cook-off at The Cook School Scotland, Kilmarnock, Maria served up two delicious and healthy dishes of Turkey Meatballs in Tomato Sauce served with Primavera Rice and Three Milk Cake to become one of the top 3 finalists alongside Eleanor Geddes of East Ayrshire Council and Ann Marie Logan of Scottish Borders Council. The top 3 finalists then had to serve up their dishes during their school lunch service in order for the judges to ensure that their dishes are school compliant as well as to gauge the reception from school pupils.

The competition was judged by representatives of ASSIST FM, Alan Russell from Muller Milk & Ingredients who sponsor the competition, two secondary school pupils and Scotland's National Chef and Masterchef the Professionals winner, Gary Maclean.

This year, Gary Maclean expressed that the dishes presented were of an extraordinary calibre and were restaurant quality. **Well done to all the of this year's finalists and huge congratulations to Maria Millar!**



Finalists

Eleanor Geddes
East Ayrshire Council

Maria Millar
East Lothian Council

Ann Marie Logan
Scottish Borders Council

More **awards**, more **trophies**, more **recognition**.

ASSIST FM NATIONAL AWARDS 2019

As well as the Scottish School Cook of the Year award, at the ASSIST FM Conference Gala Dinner, Keith Breasley presented an updated range of National Awards to recognise the incredible work of those in the Facilities Management sector. For further information on the award winners, visit our facebook page to see videos of all of our fantastic finalists!



Outstanding Contribution to FM Services

(sponsored by CRB Cunninghams)

Margaret McFadden,
South Lanarkshire Council



Outstanding Service Innovation Award

(sponsored by Inhouse Manager)

South Ayrshire Council
Catering Services



Outstanding Culinary Skills - Decorated cake

(sponsored by Upfield)

Sarah Grady,
West Lothian



Outstanding Culinary Skills - Petit Fours

Debbie Laurie,
East Ayrshire Council



Outstanding Contribution to Catering

(sponsored by Brakes Scotland)

Shortlees Catering Team,
East Ayrshire Council



Outstanding Contribution to Cleaning

(sponsored by Nilfisk)

Janette White,
East Ayrshire Council



Supplier of the Year

Green Gourmet



Special Recognition Award

(accepted by Lee Russell)

Angela Russell

Congratulations to all of this year's award winners!

ASSIST FM RESOURCE SITE

In October, we officially launched our Resource Site for all of our Local Authority Members at www.member.assistfm.com! The site is a repository of information that's relevant to the Facilities Management industry with a wealth of resources for each of the following categories:

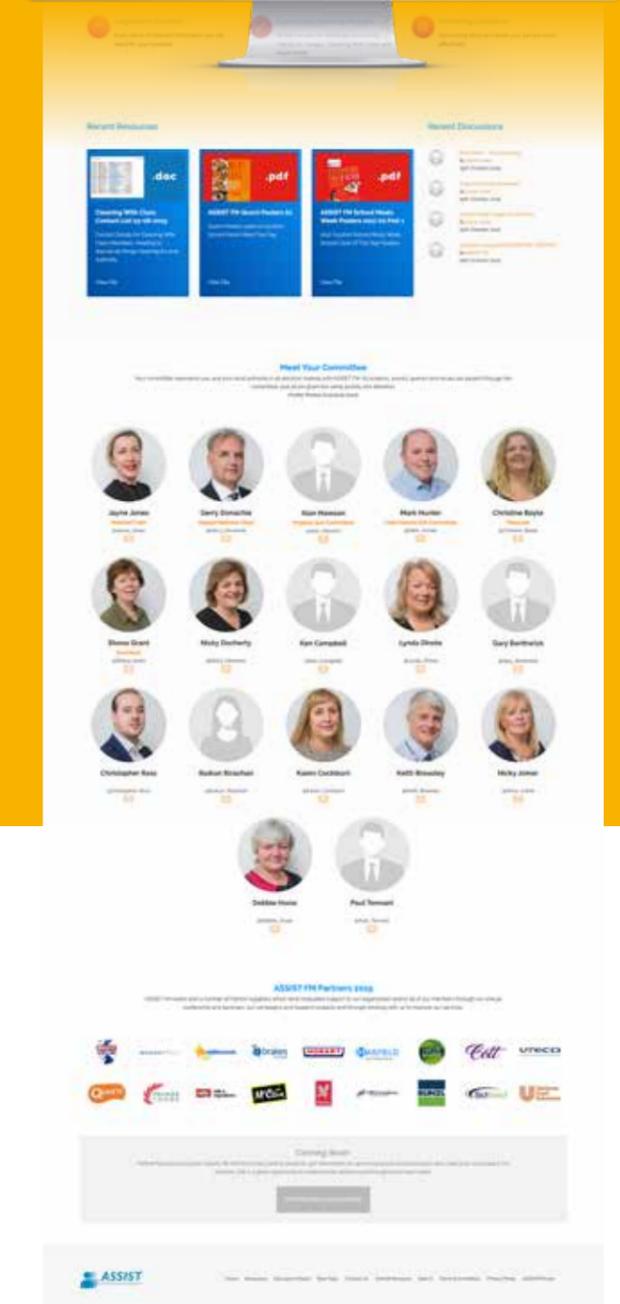
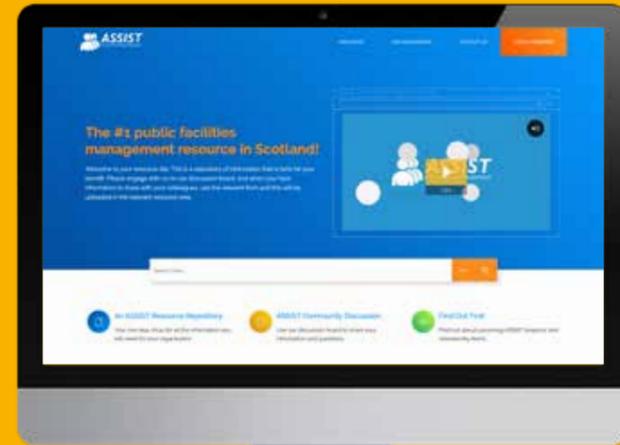
- Legislation
- Marketing
- Presentations
- Research
- School Catering
- School Cleaning

We created our Resource Site with collaborative working in mind, and want to encourage all of our members to use it regularly whether it's to find a resource or to upload their own resources which could be useful for other members across the country.

As well as the resources, we have also created a discussion board where members can ask each other questions on anything from the best robotic cleaners on the market, to upcoming changes to legislation and school menus.

Our Resource Site is available for all Facilities Management local authority staff, all you need to do to access it is register with your local authority email address and your request will be approved shortly after!

Over the coming months, we'll also be looking to create a section of our site that ASSIST FM suppliers can access as well, giving suppliers a chance to update all ASSIST FM members on anything from new products and services to changes within their organisation in one place!



EDUCATION RANGE



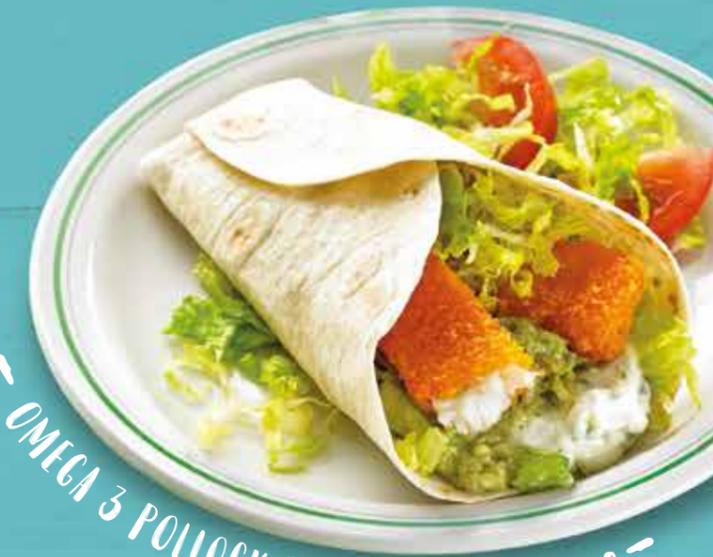
MINI BATTERED POLLOCK FILLETS
128423 48 x 60g



QUARTER POUNDER FILLET OF FISH
116562 6 x 60 x 25g



JUMBO BATTERED COD FILLET FISH FINGER
124213 36 x 70g



OMEGA 3 POLLOCK FILLET FISH FINGERS
116562 6 x 60 x 25g

Find our products in Brakes or for more product details and recipe ideas, visit:
www.youngsfoodservice.co.uk





ASSIST FM RESEARCH PROJECT

Along with The Scottish Poverty and Inequality Research Unit at Glasgow Caledonian University ASSIST FM published the research report, 'Are pupils being served?'

The aim of this report is to deliver a 'state of the nation' summary on the take up of free school meals in Scotland.

The specific objectives of the report were fourfold:

- Identify the extent to which trends and tendencies in the consumption of school meals in Scotland are universal across Scotland
- Appraise the extent to which free school meals is delivering in-kind support to reduce household expenditure in Scotland
- Appraise the existing evidence base for school meals in Scotland.
- Specify priorities for future research on free school meals in Scotland.

The key findings are as follows:

- On a typical school day, almost 350,000 school meals are served in Scotland.
- 51% of school pupils take a school meal every day.
- On a typical day, the majority of pupils registered for free school meals in primary, secondary and special schools typically present for this meal (76%, 60% and 77%, respectively). This still means that 24%, 40% and 33% of pupils respectively are entitled to a free school meal and are still not taking up their allowance.
- Not far short of 100,000 school meals per day are served to pupils who are entitled to a free school meal on account of their family being eligible for social security.
- It was confirmed that uptake of free school meals was higher in primary than secondary schools, and that within each school age-stage, uptake was higher in smaller schools and schools serving areas that were more rural in character.
- It is clear from the research undertaken that there is not an alignment of priorities among key stakeholders.

As Professor McKendrick and colleagues advise in the report, "the aspirations of the school catering service to increase reach and uptake of school meals does not always align with school management; indeed, some school management reject some of the practical steps required to achieve this (e.g. preventing food purchased outside being consumed in school dining halls; introducing staggered lunch breaks to extend capacity, etc.)."

Furthermore, the rights of pupils (particularly senior pupils) to choose what and where to consume food at lunchtime – which is supported by many school managers and pupils alike – may not always be conducive to maximising uptake of school meals."

The research also shows that there is also growing anecdotal evidence that new school build and redevelopment has reduced the capacity to deliver school meals at lunchtime. There is also anecdotal evidence of variable practice in whether school space beyond the dining hall is being used as 'lunch space'.

As for service delivery, the research points out that there is a need for further research into the way in which the spaces of schools are being used in conjunction with school meals provision. The key finding from the research is that 'Universal free school meal provision does not have a universal reach'.

There are several drivers to improve the effectiveness of school meals in Scotland. Key among these are the desire to tackle food security, remove classroom hunger, tackle income poverty, and tackle wider problems associated with poverty. Debates also focus on whether there is adequate infrastructure to deliver free school meals, the merits of universal versus targeted provision, stigma-free administration, and the affordability of school meals.

The report goes on to say that 'free school meals can have a positive impact on pupils' academic engagement and performance, and have long-term positive health outcomes. However, socio-cultural pressures shape children's food choices and young people may not choose school meals over more familiar or attractive alternatives. Although the introduction of free school meals could be viewed as a success, it alone is insufficient to achieve what Scotland wants school food to deliver'.

Jayne Jones, National Chair of ASSIST FM, stated, 'This report raises some very important issues for school meals services. All of our members are dedicated, as local authority providers, to ensure that children receive a healthy nutritious meal at lunchtime. For many school pupils the only hot meal they will have each day is at school. However, there are areas that we need to explore further, such as what happens outside the school gate, as well as the support we need internally within schools to achieve better uptakes, especially for pupils who are entitled to free school meal provision. We hope to be working with Glasgow Caledonian University on a further piece of research which will look in more detail at how we can improve these figures and help children in poverty across Scotland'.

To request a copy of the full report, contact rachel@totalizemedia.co.uk





HANDS ON HUNGRY

Hands on Hungry has had two meetings over the last 6 months with Edinburgh and West Lothian kindly hosting and regular attendance from over 20 local authorities all sharing ideas and innovation.

The changes to the Nutritional Requirements for school Food and Drinks in Schools (Scotland) Regulations 2008 have continued to be a key focus especially looking at new products. We have had Middleton Foods presenting bakery items that meet the criteria of the new regulations, also Brakes supplied innovative products to replace morning break hot rolls in high schools such as Quorn pates and chicken links. All products have been met with a positive response and some local authorities have now incorporated them into new menus.

The changes to the regulations has also triggered conversation around analysis software packages in use by all local authorities and the requirements for recipes to be updated to meet the new standards. As a result the group has decided that partnership working would ease everyone's workloads, looking at recipes and software packages with an outcome of two working groups being set up to look at these areas.

Shirley Beattie, Health and Nutrition Inspector from Education Scotland attended the recent meeting in West Lothian to demonstrate the new self-evaluation tool. The intention of the tool is to collate evidence for individual establishments of all the good work that is occurring and this in turn will hopefully allow authorities to easily identify areas to focus on for improvement. Shirley was keen to highlight that the tool is a working organic document and to be continually updated over time and it has not become a burden on existing stretched Services.

The next meeting is scheduled for the 21st January and with recent work on the Nutritional Requirements for school Food and Drinks in Schools (Scotland) Regulations 2008, the decision has been made to focus this meeting around the Regulations.

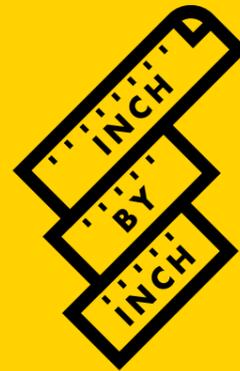
Our future meetings will continue to look at the legislative changes, early years, sharing innovation, new ideas and products. If your authority is not involved and wish to attend please [contact info@assistfm.com](mailto:contactinfo@assistfm.com).

CLEANING WITH CLASS

The group is growing, however we would like to increase representation from the 16 authorities who attended our last meeting. Agendas are decided by members so if there is an urgent issue you wish to hear a full discussion on then this is the forum. At our meeting in August, two main topics of discussion dominated with regards to janitorial shift patterns and cleaning frequencies. **Other topics that generated open discussion and sharing of good practice included:**

- Efficiencies
- Service enhancement
- Training
- Lone working
- Contracted hours

At our meeting on the 18th of November in East Ayrshire Council there will be a demonstration on a mobile cleaning van specifically designed to be multi-functional. Dates for 2020 include, 21st February 2020, West Lothian Council, 22nd of May 2020, South Ayrshire Council.



INCH BY INCH FOR SCOTLAND INVERCLYDE

In October, we officially relaunched our national Inch By Inch For Scotland Campaign focused on tackling health inequalities in low income areas. For the next stage in our campaign, we are focusing solely on Inverclyde, highlighting the rates of poverty in the area where 1 in 4 children are currently living in poverty and 28% of school pupils receive free school meals compared to the national average of 18%.

For the Inverclyde campaign, which has been sponsored by huge supporters of ASSIST FM, Muller Milk & Ingredients, we will be working in partnership with Inverclyde Council, The Healthy Living Award, KeyStore, The University of Edinburgh and EDF Energy.

KeyStore has generously offered to run our £5 Challenge Competition which will see the 6 secondary schools in Inverclyde compete to win vouchers for their Home Economics department through creating a healthy recipe to feed a family that can be made with a £5 budget only spent in a convenience store.

EDF Energy has also got involved to address the growing issue of fuel poverty, the rate of which in Inverclyde is at 32%. In order to address this, EDF Energy is going to roll out an offer to residents in low-income postcodes across Inverclyde where they will receive credit to their account if they switch their energy provider to EDF Energy whilst keeping the same tariff that they were already on. This will make a huge difference to families during the cold winter months who often have to choose between making food and heating their homes.

The Healthy Living Award has been incredibly helpful as they have provided us with very easy and healthy recipes that can be made on very low budgets, which we will be making into recipe videos for our social media campaign. The University of Edinburgh will also be contributing to the campaign, assessing the incredible amounts of waste that are produced in the school meals service while coming up with innovative ways to highlight them which we will highlight across the course of the campaign.

To keep up to date with our campaign, make sure to follow us on Facebook, Twitter and Instagram, or visit www.inchbyinchforscotland.co.uk.



LET THEM EAT WHAT?

Food and Drink in Schools changes are coming - what is ASSIST FM doing about it?

All caterers are aware of the changes to school food and drink which are coming into effect in Autumn 2020: these changes are wide reaching and will impact on what we offer to every pupil in every school, every day.

Food in Schools: A Timeline

2003: Introduction of Hungry for Success: A Whole School Approach to School Meals

2007: Introduction of Schools (Health Promotion and Nutrition) (Scotland) Act

2008: Healthy Eating in Schools: A guide to implementing the nutritional requirements for food and drink in schools (Scotland) regulations 2008 is published

2014: Better Eating, Better Learning: A New Context for School Food is published

2016: Revised Dietary Goals for Scotland are published by the Scottish Government

2017: Technical Working Group commences review of food and drink in schools

2018: Consultation on amendments to the 'Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 is published

2019: Consultation on Nutritional Requirements for Food and Drink in Schools: Report on responses to the consultation is published, along with 31 actions.

2019: Work commences on the development of revised guidance

June 2020: Estimated date for publication of expected guidance

Autumn 2020: Implementation of revised standards

Why Change?

Twelve years on from the introduction of the Health Promotion and Nutrition (Scotland) Act 2007, the Scottish Government has conducted a review of the Food and Drinks Standards in Schools. Since these regulations were published, the scientific and dietary advice on which they were based has changed, which led to the Scottish Government updating the Scottish Dietary Goals in 2016. This, in turn, led to the establishment of a Technical Working Group in 2017, which had the remit of bringing the school food and drink regulations into closer alignment with the revised Scottish Dietary Goals.

The Technical Working Group designed a range of proposals, which they developed into four key themes for public consultation. These were:

- a. Increase access to fruit and vegetables
- b. Reduce access to sugar
- c. Set a maximum level for provision of red and red processed meat
- d. Amend the way in which secondary school food and drink is provided

The consultation did not ask for views on how food and drink is provided in schools (for example, on dining facilities, or allocation of time for lunch), nor on food education.

The Scottish Government received 1,359 responses to the consultation. 1,280 responses were from individuals, and 79 responses were from organisations including Local Authorities, NHS Boards, Food and Drink sector organisations, parenting groups and organisations with an interest in diet. Their consultation response was published in June 2019.

As part of that consultation publication in June, Scottish Ministers have developed a suite of 31 actions to be taken forward for implementation by Local Authorities from Autumn 2020. You can find these actions on the ASSIST FM Resource Site.

These revised standards focus on reducing sugar, reducing red and red processed meat and increasing fibre. Key changes include:

- a. Providing more fruit and vegetables with all meals, but removing the provision of fruit juice and fruit smoothies.
- b. Significantly reducing the amount of red and red processed meat offered as part of the school day, including at lunch

time and at mid-morning break in Secondary schools and outwith the school day.

- c. Increase fibre by restricting baked goods provided in schools, including the removal of most white bread due to its low fibre content.
- d. Significantly restrict the availability of snacks such as home baking, snacks and drinks across the school day: including at breakfast clubs, intervals and in after school settings. The range of acceptable products that can be offered is very low.
- e. Nutritional analysis will need to be conducted each day as well as across the week, leading to further restrictions on menu options.

There are some very positive changes as part of these proposals, such as increasing the availability of fruit and vegetables throughout the school day, as well as at lunchtime. No doubt all caterers agree that school meals should be an exemplar of healthier choices and should help to influence children and young people to eat well and change Scottish food culture. However, caterers are concerned that these changes are being made, to an extent, in isolation and the wider implications of the changes require greater consideration and mitigation before legislative changes are made.

What Impact do Local Authorities expect these changes to have?

There are three key areas where caterers expect a significant impact:

1. Cost of providing the service
2. Reduction in pupil choice
3. Implementation issues

Cost Concerns:

Cost Implications – as part of the review, a full cost analysis of the potential financial impact for developing new menus and recipes was not part of the technical working group's remit. Sample menus have not been provided, so it will be for Local Authorities to try to determine the cost impact of this, and to develop their own suite of recipes, menus and analysis. Early work being undertaken by some local authorities are indicating that there could be a 12-15% impact on food costs, coupled with a 10-15% impact on cost pressure as a result of decreased uptake, causing a significant strain on existing local authority budgets. With the increased provision of fruit and vegetables, no additional funding is being allocated.

Impact on School Meals Uptake – due to the radical nature of some of the changes, the choice available for pupils and familiarity of products will significantly reduce. This will likely result in pupils in primary schools opting to have a packed lunch, and pupils in Secondary Schools opting to leave school to ensure they have a full choice. It is a statutory duty to ensure that uptake is maximised, and local authorities report that they expect uptake to reduce. It is difficult to determine at this stage the level of reduction that could be expected. Given that Professor John McKendrick of Glasgow Caledonian University's Scottish Poverty and Inequality Research Unit has recently published research commissioned by ASSIST FM that clearly shows that universal provision of free school meals does not mean universal uptake of free school meals, this gap is expected to increase, with those more in need more likely to be affected. Some Local Authorities have tested implications of only some elements, and have already seen a 5-10% drop in uptake. This will increase with full implementation of all aspects.

Impact on commercial activities in Secondary Schools – Catering Services across Scotland currently rely on commercial income as a way of offsetting budget reductions, and there has been significant investment in improving what caterers offer in secondary schools over recent years. Caterers anticipate that with significant changes affecting breakfast, mid-morning and lunch provision, pupils in Secondary Schools will simply purchase their food out with the school, reducing income for Local Authorities and resulting in poorer dietary choices for pupils. These changes will not affect local take-aways, fast food establishments or cafes, and so until that issue is tackled, young people will purchase their food elsewhere. It is also the case that the changes will have a detrimental impact upon vending operations within secondary schools (where they exist). Some authorities have reported that they envisage there will be very few products which they will be able to vend however they will be saddled with machine lease/rental costs until expiration of current contracts.

Food Waste – the recommendations mean that full portions of fruit and vegetables will now need to be available to pupils throughout the school day, whenever food and drink is available. This is likely to lead to increased food waste should pupils not take the fruit and vegetables that are available.

Concerns about Choice:

Increased Fibre – the range of bread, rolls and wraps that are available will reduce the choice available as only high fibre options will be offered to pupils. This impacts on both choice and on cost for provision. It will also result in most breakfast cereals being non-compliant. This will significantly impact on breakfast club provision, where toast, cereal, yoghurt and fruit juice provision will all be either removed, or significantly reduced.

Changes to Yoghurts – the range of yoghurt available will also be reduced, as many on the market will either be too high in sugar, or in fat, and this will cause issues regarding choice for pupils at breakfast and at lunchtime, where yoghurt will be one of the few dessert options.

Reduction in Red and Red Processed Meat – the changes mean a significant reduction in the provision of red meat and red processed meat (for example ham, sausages, mince, steak pie). This will mean that current menus will be reviewed and some popular dishes will be removed. This will include removing ham from salad bars and from sandwich choices. This will also remove the range of options available at mid-morning in secondary schools. Taken in combination, the impact on pupil choice across the school day will result in pupils and young people opting for alternative lunches elsewhere. It could also result in an over reliance on chicken, which will impact on cost. You will already be aware of the supply difficulties that exist for Scottish and UK farm assured chicken.

Reduction in free sugar – most home baking that is currently offered to pupils will not meet the new standards, and so the range of desserts and home baking available will reduce, or be removed, and baked goods will simply be purchased outwith the school. Fruit juice, fruit based juices and smoothies will not be permitted.

Packed lunches/food from home in Primary schools – due to the combination of changes e.g. impact on white bread, significant reduction in processed meat, restrictions and reduction in home baking, removal of fruit based drinks, local authorities anticipate that packed lunches will increase, and will be likely to contain the very items no longer able to be provided e.g. ham sandwich on white bread with a fruit based juice and a cereal bar or chocolate bar. This will put a further pressure on parents, and will adversely affect those who are not able to afford to provide healthy packed lunches.



Concerns about Implementation:

Procurement – as you know, local authorities use a range of local and national contracts via Scotland Excel to produce meals. Changes to the required food and drinks standards will have an impact on the current procurement arrangements that are in place, with a number of contracts due to run for a number of years.

Local Produce – across Scotland there are a number of local procurement arrangements, particularly for the purchase of red and red processed meat and for bread. These changes will result in a reduction of contract value which will directly impact on income for our local suppliers, and will reduce spend on Scottish products nationally.

Allergies – these proposals have not taken into account the impact that increasing allergies has on the catering provision in schools. For example, an alternative source of protein and iron in many circumstances can be through the provision of nuts and pulses, but many schools cannot provide these due to the instances of allergies to these products.

Equalities and Food Poverty – poverty related dietary issues are a significant issue at present, and these changes may further alienate those pupils most in need of free school meals. This could be as a result of friends opting for packed lunches, or simply because the pupils themselves will be restricted in their choice by what will be available on the menu. Familiar dishes will be removed, or will be available less often, and experience shows that this can often affect those in most need.

Availability of Suitable Products – the timeline for implementation is extremely challenging and officers are concerned that suppliers will not have sufficient time to develop acceptable products that meet the new standards and therefore choices for pupils will be significantly curtailed. ASSIST FM have been working with suppliers to identify potential issues, and have held a Supplier Development Session to try to address this concern.

Impact across the School Day – these changes affect all food provided in schools and hostels whether it is provided by catering staff or school staff. Therefore, the changes will affect breakfast provision, mid-morning snacks, tuck shops, vending, food provided out with term time and any other school related food initiatives run (such as vending operated) by parent councils and fundraising events such as at school sports day. An example of this is where schools are providing toast, cereal

and yoghurt for breakfast: all of these products will need to be reviewed to ensure that products served meet the new standards. To our knowledge, there has been no engagement plan to ensure that all involved in school food provision across the school day are aware of these changes, and fully engaged in implementation.

Timescale for Implementation – the Scottish Government expects these actions to be implemented by all local authorities by Autumn 2020, however the guidance is not expected until June 2020, immediately prior to the summer break. That timescale will be difficult to meet, given that implementation must include menu design and testing, nutritional analysis, pupil input, costing and publication. Delivery of this even by late 2020 would be at significant cost to services. In addition, this is to be achieved while also implementing free school meals for pupils in early years who will be in receipt of 1140 hours of education which has to be delivered by August 2020, putting catering staff under unprecedented pressure.

Changes to Nutritional Analysis – the proposed changes to nutritional analysis requirements will present a challenge for a number of authorities as certain analysis software presently in use will not be able to fulfil the proposed analysis requirements. This will result in a number of authorities having to change their existing software which will require budget provision and subsequent training for catering staff. Regardless of additional cost, we simply don't know whether suppliers will be able to accommodate software installation for a number of authorities within the exceedingly tight timescales required.





"Whilst Brakes fully supports the changes and healthier eating within the schools, we are concerned with not only footfall drop from Secondary students to high street and primary to pack lunch but also the supply chain impact for not only Brakes but our suppliers."

Chris Boyle, Brakes

What has ASSIST FM been doing on behalf of Local Authorities about this?

The ASSIST FM Committee have been actively engaging with a number of agencies, including the Scottish Government, to highlight the concerns of our members.

Here are some of the activities we have been involved in to date:

- ASSIST FM held a Supplier Development Session in October to make it clear to our suppliers and distributors the impact these changes will have on their businesses, and on ours. We asked them to consider developing products that will comply with the new standards. This session was well attended, with 24 suppliers actively participating at the session, along with representatives from Scotland Excel and the Food and Drink Federation.
- Lynda Dinnie represented ASSIST FM at a meeting with COSLA and with APSE to highlight our concerns on a national basis. These meetings will continue if required.
- ASSIST FM and APSE have formally written to the Scottish Government highlighting all of the concerns that are listed in this article. We have offered to meet to discuss these further, and we have specifically asked for a delay to the implementation to be considered, to give us time to work on this.
- Jayne Jones and Gerry Donachie represented ASSIST FM at a round table discussion with the Deputy First Minister, John Swinney MSP on 6th November, which was also attended by APSE, Scotland Excel, QMS and the NFU.
- Members of the ASSIST FM Committee are actively involved in writing the revised guidance that is expected to be published in June 2020. Members are also participating in sub groups to develop specific areas where there has not been sufficient detail provided to allow Local Authorities to plan.

What next?

We would encourage ASSIST FM members to ensure that their Senior Management Team and Elected Members in their own Local Authority are aware of these changes, and if you have not already done so, you may wish to highlight these concerns to them.

You will find information to assist you with drafting a paper on the Resource Section of the ASSIST Website, and if you need further assistance, the Committee would be happy to help.

Your ASSIST FM committee know that these changes are complex, and the overall impact is likely to be very significant.

We have arranged to have a Catering Development Session where we will outline our understanding of the changes, and this will take place on 21st January. More details about this session will be circulated to all members very soon.

We also expect this to be a main topic of discussion at the ASSIST FM Spring Seminar, so please make sure that you book your place so that you can engage with us further and raise any other concerns you have that may not be highlighted here.

In the meantime, please contact any member of the committee if you want to discuss any of this further.

National Chair, ASSIST FM
Jayne Jones

COUNCIL NEWS

ARGYLL & BUTE

Dunoon Grammar School in Argyll and Bute has been working hard to make sure that as many pupils as possible opt for a school lunch, and they have started this academic year by engaging the pupils and parents to make this happen.

The Head Teacher, David Mitchell, works with parents of pupils in first and second year to encourage them to stay on site during lunch. As David says 'It's a real partnership approach, where parents, school staff and catering work together to make sure that lunchtime is an enjoyable experience for our young people. Only by working together can we achieve that, and it's something we have been doing with great success in Dunoon Grammar for the past five years'.

This school year started off with a pupil focus group, which was instigated by the pupils themselves. They worked with the Catering Manager, Jacky McDade, to develop a range of meals and snack options that they wanted to see on the menu. As one senior pupil tells us, 'Jacky is great, she's always looking for ways of listening to us, and her food is really, really good'.

The school has a range of service points: separate year group tills to speed up queues, an outdoor Coffee Barrel which helps reduce overcrowding in the dining hall, and a pre order collection point, where pupils grab and go – most days this sees 60 – 70 pupils collecting their meals and removing the need to queue altogether.



'It's all about listening to the pupils' says Jacky, 'and the catering team are keen to make sure we meet the needs of as many pupils as we can. At the end of the day, it's their lunchtime and we need to make sure we are offering them what they want, otherwise they will go elsewhere, and that's the last thing we want'.

'We estimate that at least 85% of our pupils eat on site each day' says David Mitchell, 'and that's something we want to continue to do. We want our pupils well fed and ready to focus in the afternoon.'

The kitchen staff support whole school activities, and are seen as a critical part of the school team, supporting extracurricular activities as well as supporting Parent Council initiatives. The Catering Service recently supported the Parent Council's drive to reduce single use plastics by providing school branded water bottles for first year pupils. 'It's so encouraging to see a real example of a whole school approach to food, nutrition and health and wellbeing' says Aileen Wilson, Chair of the Parent Council.

'We value the catering team, and the catering team care about their pupils, and the pupils feel that they are listened to by the catering staff. That's what makes our uptake levels so high' says David. 'And long may that continue.'

SOUTH LANARKSHIRE COUNCIL

South Lanarkshire Council's Facility Services and Early Years held a joint consultation event for Nursery pupils. The event 'Small Children Big Voices' took the format of a conference. Ten nurseries brought along 4 pupils, along with members of staff.

From the stage area of our Banqueting Hall, the children participated in cooking menu items, assisted by our resident chef John, followed by a quiz on healthy and unhealthy foods and finished off with a Taste and Try where the pupils voted on their favourite foods from our Brunch and Afternoon snack menu. The Go Fresh club characters Chris Corn and Paula Pineapple joined in the fun, and all in all it was a very successful day. Quote from a pupil 'this was the best day ever'. The event was live on twitter and on the day it received 1700 views, and is currently sitting at well over 2500 views.



SUPPLIER NEWS

SUPPLIER NEWS

ENVIOWARE

As a leading UK food & drink packaging supplier, Celebration Packaging Limited understands the increasing pressure on operators to be mindful about how their business impacts the environment. For the past 12 years, Celebration has been expanding its range of eco-friendly single-use packaging, marketed as EnviroWare®. Made from natural, sustainable and renewable resources such as corn starch PLA, bagasse non-wood fibres, palm leaves and wood from sustainable forests – and commercially compostable.

EnviroWare® dinnerware, food boxes, burrito bowls and food trays are made from bagasse (sugarcane fibre) as the natural versatile material is strong, suitable for use with hot or cold foods, can be used in microwaves and is a compostable alternative to plastic Styrofoam. Many different styles, shapes and sizes are available to suit different requirements, including fast food containers with hinged lids, food boxes with separate compartments and most recently food / chip trays.

Sustainably sourced paper is rapidly becoming a packaging star, with clear environmental advantages and practical functionality. EnviroWare® paper straws and paper cutlery are FSC® (Forest Stewardship Council®) certified and are surprisingly strong and robust. The Din Certco (compostability

standard) certified straws have also gained Vegetarian Society approval.

Packaging plays an important part in food-to-go, allowing it to be consumed at convenience. It can also be used to help prevent food waste. Such as new EnviroWare® 10z and 20z paper portion pots – which are commonly used to provide a small serving of sauce with a meal. This replaces plastic sauce sachets (often made from plastic film which can't be recycled).

Celebration prides itself in its quality management systems and has held BRC (British Retail Consortium) accreditation for a number of years. Celebration is also a member of the Foodservice Packaging Association and is ISO 9001 & ISO 14001 certified and has FSC® chain of custody accreditation.

For more information visit www.enviroware.co.uk



MEIKO

The compact Meiko WasteStar CC food waste handling system fits into any kitchen to enable food waste recycling.

Similar in size to an undercounter glasswasher, WasteStar takes plate and kitchen prep waste such as veg peelings, soup, oils, fats and bones and chops or converts them into a liquid slurry. Pumped via easily installed pipework into a holding tank...which can be next door, downstairs or outside; the waste is collected by tanker.

Costs, especially for city centre sites, will be slashed as collections are needed much less frequently. Hygiene is also improved as there's reduced need for smelly waste bins outside.

There's also big labour savings – no more need to repeatedly sanitize bins and waste storage areas – and major savings on black bin bags!

Benefits to the customer include:

- Slurry can be converted to biogas or fertilizer
- Reduced collection costs, savings are potentially massive
- Reduction in food waste volume resulting in less frequent food waste collection
- Major savings on bin bags – large operators can save over £6,000 in 10 years*
- Labour savings because emptying bins/moving food waste to external storage is no longer needed

HARFIELD

Replace your disposable yoghurt pots with our REUSABLE Dessert Pot & Lid.

- Suitable for desserts, fruit, yoghurts & savoury dishes
- Ideal replacement for disposables
- Dishwasher safe
- Capacity 200ml/7oz
- Made from polycarbonate
- 100% recyclable
- Dimensions: 8.5cm high x 6.2cm wide (top), 4.2cm wide (bottom)
- Product Codes: 245CLE (Dessert Pot), 285CLE (Lid)

If you would like a **FREE** sample, please email Carol at carolmoodie@harfieldtableware.co.uk Harfield, the greener tableware solution. www.harfieldtableware.co.uk



RADNOR HILLS

Radnor Hills, one of the UK's leading soft drinks manufacturers, will launch a new canned spring water range next month.

Having been dedicated to producing quality spring waters and soft drinks for the last 30 years, Radnor Hills are extending their packaging portfolio to embrace the can.

Their pure spring water is sourced from the company's family farm in Powys, mid-Wales, where it takes just 7 minutes to filter from the ground into a can.

Each 330ml can provides hydration whilst on-the-go in environmentally conscious packaging. Radnor Hills recognised the benefits of the aluminium can – with its 100% recyclability, long shelf life and transport efficiency. Whilst all their products are fully recyclable, aluminium cans have the highest recycling rate of them all.

Their new canning line is the result of a £3.5 million investment and is capable of filling still, sparkling and infused products with a direct feed from their bore holes. William Watkins, Owner and Managing Director of Radnor Hills, said: "Installing our first ever canning line has been an exciting new adventure for us as a business, and we are so pleased to be able to offer our customers yet another format for their spring water and other products."



Photo: Meiko, WasteStar CC Food Waste Handling System

The new can packaging is sourced from less than 65 miles away from Radnor Hills HQ.

Radnor Hills' portfolio of canned drinks also includes their fully school compliant range Radnor Fruits, which is a blend of 45% fruit juice and spring water.

Their popular Radnor Fruits range has been redesigned in a 330ml can, taking inspiration from the craft beer market for its new 'wacky' and colourful look using coloured pull tabs to match specific flavours. Each 330ml can contains no added sugar, preservatives or artificial colours or flavours. They also contribute to one of your five a day recommended fruit portions.

Two all-natural and completely unsweetened Infused Waters are the next product in Radnor Hills' pipeline. In the meantime, the still and sparkling canned waters are coming to the UK in November and will be widely targeting multiple supermarkets, convenience stores, travel forecourts, on-board travel, education sector, specialist wholesalers, gyms and leisure centres.

For more information, contact:

www.radnorhills.co.uk



THE SCOTTISH FOODHALL

In line with Scottish school food recommendations in favour of white meat, The Scottish Foodhall have designed and developed a new healthy option chicken sausage for schools. It's made in Scotland using Assured British Red Tractor chicken, 65% meat, produced in 12's (38g) and packed 120 sausages per 4.54kg case. Frozen for longevity of shelf life, reduced food waste and less additives and IQF for ease of use. This delicious new sausage was launched at The ASSIST FM Conference in August and was brilliantly received by visitors and exhibitors alike!

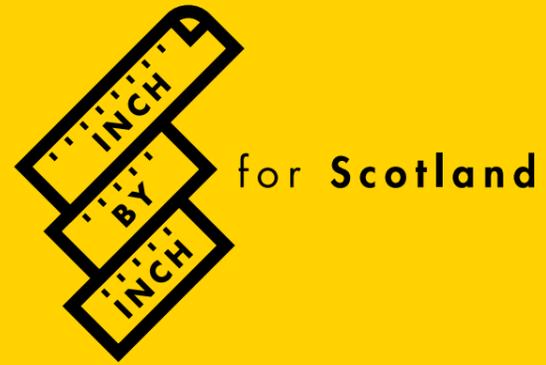
The Scottish Foodhall produce all of their products in Scotland, if you see The Scottish Foodhall logo, you can be assured the product is Proudly Made in Scotland, and produced specifically for school catering.

The Scottish Foodhall makes sausages, chicken fillets, roast beef slices, turkey slices, carving joints and many more school food products, all Made in Scotland. If you'd like to trial their new chicken sausages or any other products from The Scottish Foodhall range, please call David Roberts on:

Phone: **07825 817324**

Email david@thescottishfoodhall.com





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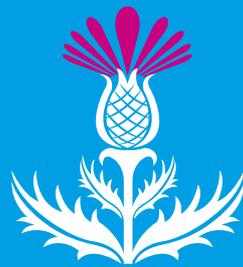
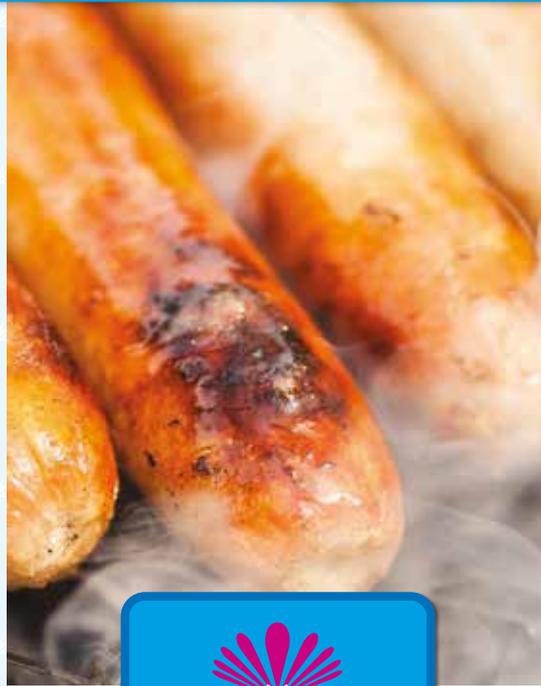
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The Scottish Foodhall

Scottish food for Scottish schools



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Scottish food for Scottish schools



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