



Food for Life Scotland

# School Caterers' Guide



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Discover how the Soil Association and Food for Life Scotland support school caterers to bring more good food to school meals

### Your certification explained

Learn what the Food for Life Served Here certification means, and how the bronze, silver, and gold standards help demonstrate your commitment to fresh, local and sustainable meals.

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# Welcome to Food for Life Scotland!

Congratulations on achieving the Food for Life Served Here Bronze certification for your school meals service. It's a huge achievement and evidence of your commitment to sustainable catering and putting more fresh, Scottish and sustainable food on school meal plates.

The Food for Life Served Here certification is a framework for caterers to serve good food: good for pupils' health, good for the environment, and good for the local economy. You can be very proud to be serving good food to your pupils every day.

As a certified Food for Life Served Here caterer, you're part of a movement to make good food the easy choice for everyone. So much of what makes the certification meaningful comes from the choices made in kitchens every day. It is the dedication of caterers like you that turns the standards into high quality meals on plates across a growing number of Scotland's schools.

School meals have a crucial role to play in pupils' learning and health. For some, the meal you cook may be the only hot meal they'll have that day. And, with a Food for Life Served Here certification, you can also be confident that the food you cook is making a difference to the environment and contributing towards making Scotland a Good Food Nation. Thank you for all the work you do each day for your pupils, school, and community.

We're excited to work with you on this journey. The Food for Life Scotland programme has been funded by the Scottish Government since 2009 to support local authority catering teams like yours to gain the Food for Life Served Here certification. As part of this, we provide bespoke support across menu and recipe development, data and spend analysis, and supply chain development.

This guide outlines each of the Food for Life Served Here Bronze certification standards, and introduces the silver and gold certifications. There's more information about all the standards in the Food for Life Served Here Handbook on our website. And if you would like further details or have a question on something that isn't covered in this guide, the Food for Life Scotland team is happy to help.



**Sarah Gowanlock,**  
Programme Manager,  
Food for Life Scotland

# Your Food for Life Served Here certification

As a Food for Life Served Here certified caterer, the food you serve each day is making a big difference to the climate, nature and health.

## What makes a school meal a Food for Life meal?

The Food for Life Served Here certification acts as a framework for sustainable catering by providing:

- **food that's good for your health:** lots of fruit, vegetables and pulses, fish and wholegrains, less but better quality meat, and a lot less processed food.
- **food that's good for the environment:** it's in season, it's sustainably produced, and it has low-climate impact and high welfare standards.
- **food that's good for the economy:** it's grown by local producers, it's prepared by skilled and knowledgeable caterers, and it supports a thriving economy.

In addition to the nutritional standards set out by the Scottish Government, the Food for Life Served Here certification sets out several standards to ensure that the food being served to pupils is freshly prepared from ethical, sustainable ingredients.



## Why provide FFLSH meals?

School meals are more important than ever. They can be a nutritional safety net for pupils whose families might be struggling. And school caterers can help tackle climate change by serving food that is sustainably produced.

Having the FFLSH certification allows you to:

- showcase your commitment to fresh, locally sourced and sustainable school meals through a respected, independent certification.
- promote health and wellbeing by putting more fresh fruit, vegetables, pulses, fish, and wholegrains – and fewer ultra-processed foods – on the menu.
- support a thriving local economy by helping to get more Scottish food on the table.
- contribute to a greener environment by supporting sustainable farming methods, higher animal welfare and lower carbon menus, and raising spend on organic food.
- gain further recognition for your expertise and hard work and be seen as good food ambassadors within your schools.

# Understanding the standards



The Food for Life Served Here (FFLSH) certification is a well-respected and independently-assessed guarantee of quality, awarded to caterers that:

- cook food from scratch, using fresh ingredients
- source environmentally sustainable and ethical food, such as free range eggs, and meat and fish which satisfies UK welfare standards
- make healthy eating easy using food free from undesirable additives
- increase use of vegetables and pulses
- reduce food waste
- champion local food producers by using seasonal Scottish produce.

The Food for Life Served Here certification is available at three levels: bronze, silver, and gold. The bronze level represents a significant step for most caterers towards improving food standards, as meals must comply with 13 standards to achieve the certification.

The bronze certification focuses on food cooked from scratch using seasonal and traceable ingredients as well as ensuring animal welfare.

The silver and gold certifications use a points system. In addition to meeting all bronze standards, silver and gold certifications reward healthier menus, and organic, local and ethically sourced food.

Your Food for Life Served Here certification is an important framework for sustainable catering in your school. Your local authority catering team will look after gathering and submitting all the evidence we need to demonstrate that you are meeting the standards each year. And as caterers, you can have confidence each day that the food you're serving is not only fuelling pupils learning, but is also benefiting health, the environment and the local economy.



Food for Life Served Here provides an important mechanism to help people enjoy food that is local, healthy and environmentally sustainable. ”

**Mairi Gougeon MSP,**  
Cabinet Secretary for Rural Affairs

# The Food for Life Served Here **Bronze** certification standards

To achieve the Food for Life Served Here Bronze certification, you must meet the following 13 standards:

- 1.0** Caterers can demonstrate their compliance with national guidelines on food and nutrition
- 1.1** All suppliers have been verified to ensure they apply appropriate food safety standards
- 1.2** At least 75% of dishes on the menu are cooked from scratch, either on site or at a local hub kitchen
- 1.3** Demonstrate that you are prioritising serving vegetarian or vegan meals and/or more vegetables and pulses across your menu
- 1.4** All meat is from farms which satisfy UK animal welfare standards
- 1.5** No fish are served that are rated 5 by the Marine Conservation Society (MCS) Good Fish Guide
- 1.6** Eggs are from free range birds
- 1.7** No undesirable additives, artificial sweeteners or artificial trans fats are used
- 1.8** No genetically modified ingredients are used
- 1.9** Menus are seasonal and in-season produce is highlighted
- 1.10** Information is on display to explain where your food comes from
- 1.11** Food waste reduction strategies are in place
- 1.12** Catering staff are supported with skills training in fresh food preparation and Food for Life Served Here

For full details on the standards you can refer to the Schools Handbook which is available on our website: [www.foodforlife.org.uk](http://www.foodforlife.org.uk)





## Standard 1.0

### What is the standard?

Caterers can demonstrate their compliance with relevant national guidelines on food and nutrition.

#### Why is it important?

The nutritional requirements take account of all dietary needs of young people and make sure that menus incorporate the correct balance for health and wellbeing.

#### Other information about this standard

For the most up to date information on the Scottish nutritional guidelines for school meals, refer to the Scottish Government website.

#### How do I meet this standard?

The menus will be compiled and then analysed by your local authority catering team using a nutritional analysis tool to make sure they are correctly balanced. Education Scotland undertake Nutrition Inspections as part of the School Inspection. As a caterer in a Scottish local authority school, you'll meet this standard automatically, due to these annual inspections.

## Standard 1.1

### What is the standard?

All suppliers have been verified to ensure they apply appropriate food safety standards.

#### Why is it important?

Food safety is paramount. As a caterer and buyer, you have an important role in verifying this by ensuring that all your suppliers have an effective food safety system in place, based on HACCP principles.

#### Other information about this standard

For more details on this standard, you can refer to the Schools Handbook, which is available on the Food for Life website.

#### How do I meet this standard?

Your local authority catering team will make sure all suppliers are verified and will supply evidence with a Supplier Overview Checklist.



## Standard 1.2

### What is the standard?

At least 75% of dishes on the menu are cooked from scratch, either on site or at a local hub kitchen.

### Why is it important?

Scratch cooking refers to the preparation of meals based on fresh, whole and minimally processed ingredients instead of pre-prepared or ultra-processed options.

Ultra-processed foods are industrially formulated products with minimal whole foods, often designed for convenience. They usually contain additives and undergo manufacturing processes not used in home cooking.

Cooking from scratch gives pupils access to more minimally processed foods. When preparing food from scratch, it gives you the opportunity to use and develop your skills and gives you more control over what goes into the food.

### How do I meet this standard?

Your menu will be designed by your local authority catering team to ensure that at least 75% of the dishes are cooked from scratch.

## Cooking from scratch product table

Unprocessed or minimally processed foods	Permitted convenience products	Highly processed products
75% or more		25% or less
All fruit and vegetables (including fresh or frozen, and tinned or canned products with no added sugar or salt)		
Raw or cooked unprocessed meats and fish (can be frozen)	Cooked meat with more than 62% meat content (sliced, minced, or formed)	Pre-breaded or pre-battered fish and meat, and reconstituted meat products
	Meat alternative products such as mince and chunks, sausages, burgers and meatballs	Pre-breaded or pre-battered meat alternative products (e.g. nuggets)
	Meat products with more than 62% meat, including haggis Meat products (sausages/burgers/meatballs) with less than 62% meat, where the remaining ingredients ONLY comprise unprocessed vegetables or pulses	Meat products with less than 62% meat (sausages/burgers/meat balls)
Starchy carbohydrates (e.g. potatoes)	Frozen mash (potato only ingredient)	Preprepared potatoes using chlorine based whitening agents
	Stock cubes, passata, pastes (tomato paste, curry paste, pesto), concentrated jellies or bouillon, gravy mixes	Pre-made, ready-made or bought-in sauces (and mixes, including cake mix).
Wholegrains		
Pasta / rice		Fresh or dried filled pasta (e.g. tortellini, ravioli), fresh or dried gnocchi.
Unsweetened and unflavoured dairy products (all fresh milk, cheese, grated cheese, butter, cream, yoghurt, kefir, including low-fat varieties)	Dairy-free spreads and margarine and plain plant-based alternative milks, creams, cheeses, and yoghurts High quality ice cream (i.e. containing only milk, eggs, sugar and natural flavouring) Lower sugar (no more than 10g per 100g), naturally flavoured yogurts	Ice cream products Yoghurt that is artificially flavoured and/or artificially sweetened, or which contains more than 10g sugar per 100g Dried milk or milk powder Processed cheese (cheese further processed to include additives, unfermented dairy ingredients, emulsifiers, extra salt or whey)
Eggs, including liquid egg	Pre-boiled eggs	Powdered egg, pre-made omelettes
		Chilled or frozen vegetarian offers (quiche, nuggets etc).
Real Bread (defined by Sustain)	Bread, rolls and wraps Bread, stuffing and dumpling mixes Breadcrumbs Plain croissants	
Beans and pulses (Pre-cooked, canned, or dried)	Baked beans	
	Yorkshire puddings	
	Chilled or frozen pastry (excluding shortcrust)	Chilled or frozen shortcrust pastry
	Meringue nests	
	Custard powder	
	Jelly, when served alongside fresh fruit	
	Mayonnaise	



## Standard 1.3

### What is the standard?

Prioritise serving more vegetables, pulses and vegetarian meals.

#### Why is it important?

Eating too much meat and dairy is having a significant impact on the climate, biodiversity, and human health. The impact is even higher from animals that have been intensively farmed.

The NHS recommends that a healthy diet should be based around whole, minimally processed foods, with plenty of vegetables, pulses, wholegrains, fruits, nuts, and seeds. Meat, dairy products, and fish can be an important part of a healthy diet, but we need to rethink how we produce these foods and how much of them we eat.

We believe that we should be eating less but better meat and dairy.

As a caterer, you can improve the health and sustainability of menus by reducing meat and dairy overall, and by choosing organic or higher welfare wherever possible.

#### How do I meet this standard?

Your local authority catering team will have designed your menu to ensure that either:

##### Option 1

- 50% of your main lunchtime meals across the whole menu are vegetarian or vegan

and/or

- have been reformulated so that at least one third of the meat/fish content is replaced with pulses or vegetables.

##### Option 2

- your lunch menu is meat free at least one day per week.

#### Other information about this standard

This standard only applies to lunchtime main meals, including jacket potatoes, main course salads and hot sandwiches (e.g. panini, toasties). It does not apply to cold sandwiches or salad bars.

## Standard 1.4

### What is the standard?

All meat is from farms which satisfy UK animal welfare standards.

#### Why is it important?

Caterers using farm assured meat can claim with confidence that UK minimum standards on animal welfare are being met and that meat can be traced back to the farm.

Without third party inspection, animal welfare standards have proven to be open to misinterpretation and occasional abuse.

#### How do I meet this standard?

All meat and meat products on Food for Life Served Here certified menus must be accredited by a welfare scheme such as:

- Assured Food Standards (Red Tractor Assurance)
- Quality Meat Scotland (QMS) - including Scotch Beef UK GI, Scotch Lamb UK GI, and Specially Selected Pork
- Organic
- RSPCA Assured
- British Deer Farms & Parks Association Farm Quality Assurance schemes

#### Other information about this standard

The standard applies to all meat, and meat products on your menu, including meat used in soups, sauces, sandwiches and pizzas. See the Schools Handbook for more information on this standard.

#### PGI (Protected Geographical Indication)

PGI status protects food that is from a certain regional area. By itself it is not a guarantee of animal welfare. However, beef or lamb with QMS Scotch Beef UK GI or Scotch Lamb UK GI status also meets the requirements for this standard, as the product has to meet Quality Meat Scotland assurances for animal welfare in order to achieve Scotch Beef or Lamb status.





## Standard 1.5

### What is the standard?

No fish are served that are rated 5 by the Marine Conservation Society (MCS) Good Fish Guide.

### Why is it important?

More than a third of global fish stocks are overexploited, with severe consequences for biodiversity and the health and livelihoods of people around the world.

### How do I meet this standard?

Your local authority catering team, with the aid of the Food for Life Scotland team, will have checked that none of the fish on your buying lists are rated 5 by the MCS Good Fish Guide.

### What else can I look for on seafood labels?

Look for eco-labels, such as the Marine Stewardship Council (MSC) for wild caught seafood, or Aquaculture Stewardship Council (ASC) or Soil Association Organic for farmed seafood. Seafood caught or produced to these standards will be rated well on the Good Fish Guide and is subject to robust traceability requirements.

### Look out for the following logos on packaging:



### Other information about this standard

The Marine Stewardship Council also apply a blue fish label to wild fish or seafood from fisheries that have been certified to the MSC Fisheries Standard. Food for Life also recognise these standards, and reward spend on MSC fish at silver and gold levels.

## Standard 1.6

### What is the standard?

Eggs are from free range birds.

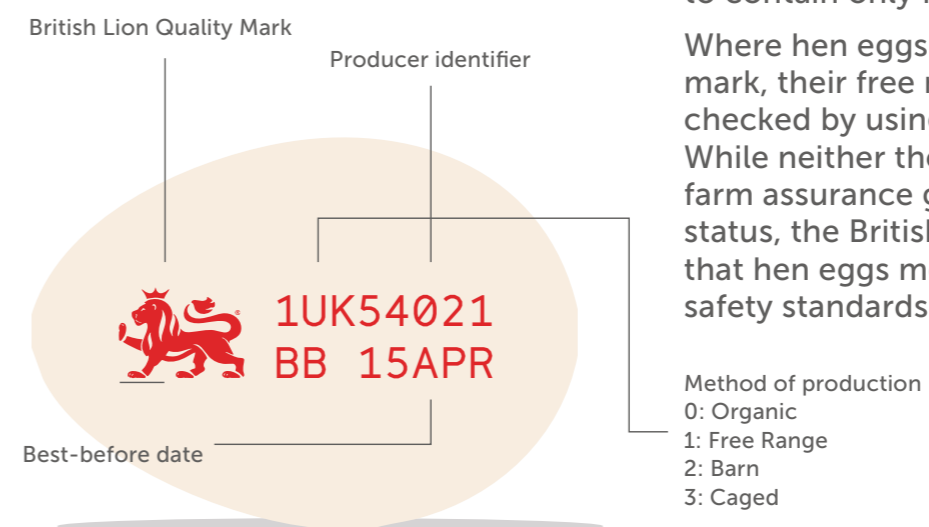
### Why is it important?

Free range birds have access to the outdoors and have lots of space to carry out natural behaviours, such as walking, wing flapping, bathing, foraging, and nesting. If birds cannot express their natural behaviour, they may experience stress, health issues, aggressive behaviour, and reduced egg quality.

### How do I meet this standard?

All eggs, including liquid eggs, must be from free range birds. Bought-in products where egg is the main ingredients, such as omelettes, quiche, egg sandwiches, and Scotch eggs, must contain only free range eggs. Bought-in products where egg is not the main ingredient, such as cakes, biscuits, meringue, and mayonnaise, do not have to contain only free range egg.

Where hen eggs carry the British Lion mark, their free range status can be checked by using the code on each egg. While neither the British Lion mark nor farm assurance guarantees free range status, the British Lion mark ensures that hen eggs meet the highest food safety standards.





## Standard 1.7

### What is the standard?

No undesirable additives, artificial sweeteners or trans fats are used.

#### Why is it important?

Additives are added to food to maintain or improve its safety, freshness, taste, texture or appearance. Sweeteners or sugar substitutes are food additives used to give a sweet taste to foods and beverages.

Additives, artificial sweeteners and trans fats can have negative impacts on human health and are commonly used in ultra-processed foods. Until their safety for health and wellbeing has been scientifically proven, these additives are not permitted for use in Food for Life menus.

#### How do I meet this standard?

Your local authority catering team designing the menu will have checked that the ingredients and products on your buying list and store cupboards are free from undesirable additives and sweeteners. Food for Life Scotland supports caterers to do this.

## Where can I find unpermitted additives, sweeteners and preservatives?

### Sweeteners

Where can they be found?

#### E420 (i) Sorbitol

yoghurts, desserts, sweet and savoury low fat products, baked goods and cereal bars

#### E420 (ii) Sorbitol syrup

yoghurts, desserts, sweet and savoury low fat products

#### E421 Mannitol

yoghurts, desserts, sweet and savoury low fat products

#### E950 Acesulfame K

yoghurts, desserts, sweet and savoury low fat products

#### E951 Aspartame

yoghurts, desserts, sweet and savoury low fat products

#### E952 Cyclamic acid (+ Na and Ca salts)

yoghurts, desserts, sweet and savoury low fat products

#### E954 Saccharin (+ Na, K, and Ca salts)

yoghurts, desserts, sweet and savoury low fat products (including jarred and tinned foods), sauces

#### E955 Sucralose

sweet and savoury low fat products, ready meals.

#### E957 Thaumatin

yoghurts, desserts, sweet and savoury low fat products

#### E959 Neohesperidine DC

yoghurts, desserts, sweet and savoury low fat products

#### E960 Steviol glycoside

Also known as Stevia. Found in soft drinks, sauces and canned goods, dairy desserts, sweet and savoury low fat products

#### E961 Neotame

yoghurts, desserts, sweet and savoury low fat products

#### E962 Salt of aspartame-acesulfame

yoghurts, desserts, sweet and savoury low fat products

#### E964 Polyglycitol syrup

yoghurts, desserts, sweet and savoury low fat products

#### E965 (i) Maltitol

yoghurts, desserts, sweet and savoury low fat products

#### E965 (ii) Maltitol syrup

yoghurts, desserts, sweet and savoury low fat products

#### E966 Lactitol

yoghurts, desserts, sweet and savoury low fat products

#### E967 Xylitol

yoghurts, desserts, sweet and savoury low fat products

#### E969 Advantame

yoghurts, desserts, sweet and savoury low fat products

### Flavourings/ enhancers

Where can they be found?

#### E621 Monosodium glutamate

Gravy browning and stocks, crisps, soy sauce, canned vegetables, processed meat

#### E635 Sodium 5 – ribonucleotide

Low salt/sodium items, noodles, snack foods, crisps and crackers, sauces

### Preservatives

Where can they be found?

#### E211 Sodium benzoate

Salad dressings, carbonated drinks, jams and fruit juices, pickles and condiments

### Colourings

Where can they be found?

#### E102 Tartrazine

food colourings desserts, sweets

#### E104 Quinoline yellow

food colourings desserts, sweets

#### E107 Yellow 2G

food colourings, desserts, sweets

#### E110 Sunset yellow

food colourings, desserts, sweets

#### E120 Cochineal, Carminic Acid, Carmines

food colourings, desserts, sweets, meat products

#### E122 Carmoisine

food colourings, desserts, sweets

#### E123 Amaranth

food colourings, desserts, sweets

#### E124 Ponceau 4R

food colourings, desserts, sweets

#### E129 Allura red

food colourings, desserts, sweets

#### E131 Patent blue V

food colourings, desserts, sweets, tinned foods

#### E132 Indigo carmine

food colourings, desserts, sweets

#### E133 Brilliant blue FCF

food colourings, desserts, sweets

#### E151 Black PN

food colourings, desserts, sweets

#### E171 Titanium dioxide

food colourings, desserts, sweets

### Trans fats

Where can they be found?

#### Partially hydrogenated fats

Vegetable oils, cake mixes, some sweet and savoury baked goods



## Standard 1.8

**Did you know?**  
Cooking oils are often the only product we see containing GM ingredients in the UK – make sure you check all the oils you use.

### What is the standard?

No genetically modified ingredients are used.

#### Why is it important?

There are currently no genetically modified (GM) crops grown in Scotland. The Soil Association, along with the worldwide organic movement, does not support genetic modification. There are several reasons for this, including the potential risks posed to human health and the environment, and the social and economic impacts of the technology, particularly on smallholder farmers in developing countries.

#### Other information about this standard

GM products are legally required to be labelled, so you can easily check.

#### How do I meet this standard?

Your local authority catering team will have checked that the ingredients and products on your buying list and store cupboards do not contain any GM ingredients.

## Standard 1.9

### What is the standard?

Menus are seasonal and in-season produce is highlighted.

#### Why is it important?

Eating in-season UK produce is one of the best ways to reduce your carbon footprint and eat food at its best – and it is often more affordable, too.

#### How do I meet this standard?

Use in-season fruit and vegetables from the UK on your menus.

Communicate to pupils that UK seasonal ingredients are used. You can do this by specifying ingredients on your menus, e.g. 'Scottish strawberries', using broad terms like 'seasonal vegetables', or stating clearly that fruit and vegetables are subject to seasonal variation. You could also share information via posters, a supplier map, your website, newsletters or social media posts.

#### Other information about this standard

Even if your menu is on an annual cycle, you can still incorporate seasonal produce. The Food for Life Scotland team provides free training about seasonality – get in touch to find out more. Keep in touch with your supplier and ask them to give you a monthly update on what's in season when. This will help you to swap in seasonal ingredients for menu items such as soups, sides and salads.

The Food for Life Scotland team's seasonality calendar is another great way to check what's in season when – get in touch with the team for your copy.



## Standard 1.10

### What is the standard?

Information is on display about where your food comes from.

#### Why is it important?

Letting pupils know about the origins of the food you serve offers them more of a connection between what they are eating, where it comes from and how it is produced.

It can also help them to feel proud of the food you source and the support you give local, Scottish businesses.

#### How do I meet this standard?

Tell pupils where your food comes from and highlight any Scottish ingredients you are using. You could share information on menus or via posters, a supplier map, your website, newsletter or social media posts.

#### Other information about this standard

Many local authorities produce a provenance map, which highlights the location of suppliers. If your local authority catering team does this, you can display it in your school.



School catering in Aberdeen City reaches so many families across the city and gives so many pupils the best start in life. We aim to provide healthy, nutritious meals that are locally sourced, organic and sustainable. Putting local produce into school menus benefits communities and our regional area, as well as being good for pupils and the environment.



**John Landragon, Catering Manager,  
Aberdeen City Council**



## Standard 1.11

### What is the standard?

Food waste reduction strategies are in place.

#### Why is it important?

Food waste refers to food not ultimately consumed by humans, that is discarded or recycled. This can include plate waste, leftovers (including rinds and peels) as well as spoiled food.

Reducing food waste is an urgent priority for climate change and food security. It can also help to reduce your ingredient spend and waste disposal costs.

#### How do I meet this standard?

Your local authority catering team will have a food waste minimisation plan or policy in place. Make sure you're aware of and adhering to any relevant national regulations, or use support and resources (such as those from Zero Waste Scotland) to minimise food waste in your school.

#### Other information about this standard

Globally, 25–30% of food is lost or wasted, at considerable cost to the environment. If wasted food were a country, it would be the world's largest emitter of greenhouse gas emissions after China and the USA.



## Standard 1.12

### What is the standard?

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

#### Why is it important?

We want to encourage opportunities for caterers to acquire relevant qualifications in support of their continuing professional development.

Training can also help you to refresh existing cooking from scratch skills, and learn more about nutrition, and seasonal menu planning.

#### How do I meet this standard?

A good understanding of your Food for Life Served Here certification will give you the confidence to talk about good food with pupils, respond to enquiries about where food comes from, and explain the Food for Life Served Here standards your dishes meet.

Catering managers and supervisors will receive training, which will be documented via training records. Keeping this booklet available in your kitchen, and referring to it regularly, will also help to make sure you understand the Food for Life Served Here Bronze certification standards.

#### Other information about this standard

The Food for Life Scotland team can offer training sessions to support caterers, including an introduction to Food for Life, and the Food for Life Served Here standards. We recommend you speak to your local authority catering team in the first instance to register your interest in this free training.



Excellent and well-delivered. If only all training sessions were like this!

Training participant feedback on Food for Life Scotland training session

# About the Standards for Silver and Gold



The Food for Life Served Here Silver and Gold certifications use a points system. To achieve these certifications, menus must meet all the criteria of the bronze standards, and then gain points in the following three categories:

#### Ethical and environmentally friendly food

A proportion of your total ingredient spend must be on organic produce. This level is set at 5% for the silver certification and 15% at gold.

Further points are awarded for ethical and environmentally friendly food such as:

- Free range
- RSPCA Assured
- Marine Stewardship Council (MSC) certified
- Marine Conservation Society (MCS) 'fish to eat'
- Fairtrade
- LEAF (Linking Environment and Farming)
- Sustainable palm oil
- Organic or Fairtrade drinks

#### Making healthy eating easier

You can gain points for a range of optional actions in line with Scottish Government public health priorities, including:

- carrying out pupil surveys to identify popular healthy dishes
- using herbs, spices or lemon as alternative seasoning instead of salt
- reducing the ratio of sugar to flour in sweet recipes to 1:2 or less
- making fruit or vegetables available as snacks or a dessert choice
- introducing meat-free days to the menu each week
- ensuring more than 50% of bread on offer is wholegrain
- promoting healthier choices through menu and counter signage.

#### Championing local producers

Points are awarded for every penny spent on food produced in Scotland and for above average UK sourcing levels.

Sourcing produce locally helps support local farmers and local businesses.





## The Next Steps

### Raising awareness of your Food for Life Served Here Bronze certification

Having the Food for Life Served Here Bronze certification for your school meals is something to be proud of! Here are some ideas for opportunities to share the news about your certified meals among pupils, parents, carers and the wider community.

- Make sure all your menus have the 'Food for Life Served Here' logo displayed prominently on them – we can provide the logo for you.
- Find out if you can join a school assembly to speak to pupils.
- Ask your school if you can share information via online payment/communications systems, e.g. Parent Pay.

- Make sure you know when the parents' evenings are and ask to be present to offer information/advice/tasting opportunities.
- For Food for Life Scotland resources, caterers guides and recipe cards, get in touch with the Food for Life Scotland team.

### Getting your school involved in Food for Life

As a member of the catering team, you have a very important role to play in helping to encourage staff and pupils to engage with Food for Life. The school catering team is ideally placed to develop and embed a 'good food culture' throughout the school.

There are lots of different ways that you can raise awareness about the good food on offer, and opportunities to talk to pupils about good food, from offering to support relevant curriculum projects through dining hall posters and themed lunch menus, to getting involved in growing space projects at your school.

### How Food for Life Scotland can help

As you embed your certification across your service, the Food for Life Scotland team is here to help! We offer all our certification holders free ongoing support, including:

- **Menu development and support**  
We can assist with recipe development, testing and costing, idea sessions, attending your menu planning groups and much more.
- **Menu and recipe analysis**  
We can help you find opportunities to save money by analysing your current menu and procurement spend. The savings made mean you can support local, Scottish suppliers and don't have to compromise on the quality of your ingredients.
- **Supply chain support**  
As part of your Food for Life Served Here journey, you will receive tailored supply chain support from the Food for Life Scotland team. We can help identify opportunities to increase the amount of Scottish food on your menu.
- **Online and in person training**  
Our training sessions cover topics including seasonality and the Food for Life Served Here certification standards.
- **Communications materials to promote the certification in schools**  
The Food for Life Scotland team can help you celebrate and share the work you're doing to make good food the easy choice for everyone.



The contribution from Soil Association Scotland has been a best-in-practice approach to supporting a client's goals. We have benefitted from advice, guidance, training, communication and engagement, cost mitigation, menu design and a sharing of best practice that has made a mark across all our front-line catering teams. ”

Stephen Sawers, Head of Catering and Facilities Management, Glasgow City Council

# Get in touch

The Food for Life Scotland team is here to support you. We are always happy to help with any queries you may have.

You can contact the team on **0131 370 8150** or email us at **[contact@soilassociation.org](mailto:contact@soilassociation.org)**

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Find out more about Food for Life Scotland:  
**[www.soilassociation.org/FFLScotland](http://www.soilassociation.org/FFLScotland)**

Find out more about the UK-wide Food for Life scheme:  
**[www.foodforlife.org.uk](http://www.foodforlife.org.uk)**

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