



Eich cyf/Your ref  
Ein cyf/Our ref Healthy Eating in Schools

20 May 2025

Dear colleague

I am pleased to inform you that today we are officially launching our consultation on [healthy eating in schools](#).

The evidence is clear: healthy school meals can have a significant and positive impact on a child's diet and good nutrition is vital for helping young people perform at their best - whether in the classroom, on the pitch, or pursuing their goals.

That is why we are proposing revised school food Regulations and Guidance for **primary schools** based on the latest UK Government dietary recommendations and best practice. For **secondary schools**, you will be aware that the landscape is more complex with increased learner choice compared to primary schools, more grab-and-go options, and a range of eating patterns across the school day. Reflecting this, we are issuing a call for evidence to better understand these settings before developing specific proposals.

The consultation and call for evidence will be open for a **10-week period until 29 July 2025** and we want to encourage those with an interest in food, children's health and education to participate in this important consultation.

The consultation launching today is seeking views on:

## 1. Primary schools: New proposals for food and drink

- **Draft Regulations** that specify which foods must be served, limited, or prohibited, while ensuring meals contain the right nutrients for children's health and development.
- **Draft Supporting Guidance** to help school caterers understand the proposed changes to regulations and offer practical advice on implementing nutrition

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Rydym yn croesawu derbyn gohebiaeth yn Gymraeg. Byddwn yn ateb gohebiaeth a dderbynnir yn Gymraeg yn Gymraeg ac ni fydd gohebu yn Gymraeg yn arwain at oedi.

We welcome receiving correspondence in Welsh. Any correspondence received in Welsh will be answered in Welsh and corresponding in Welsh will not lead to a delay in responding.

standards.

## **2. Healthy eating promotion: Clearer guidance on responsibilities**

- **Draft Guidance** to help governing bodies and local authorities better understand and carry out their duties when it comes to promoting healthy eating and drinking.

## **3. Secondary schools: A call for evidence about current food and drink**

Following conversations with catering leads, officials have put together some additional resources to support caterers, headteachers, healthy school coordinators, or those with a role around school food to engage with children, young people and parents as part of the consultation.

In addition to the documents available on our consultation website, we have attached the following resources for your information:

- Summary of the key points to note for the consultation process – who, why, how
- Summary of the key proposals for primary school food regulations
- PowerPoint slides summarising the proposals
- Suggested newsletter and website text.

And the following will follow in the next few days:

- Focus group toolkit that can be used with children and young people to collect their views on the proposals (see paragraph below).

## **Communications**

Welsh Government comms teams are in touch with your local authority comms teams to share a suite of social media messages that can be used to promote awareness of the consultation and drive traffic to the consultation website.

## **Focus Group toolkit**

We have commissioned Miller Research to carry out consultation engagement with children and young people on our behalf. Further to this, Miller have prepared a focus group toolkit to assist local authorities in their own engagement activities, should you wish to do so. The toolkit can be used in the classroom to engage with children and young people on the consultation questions. We would be grateful if you could share this with relevant individuals in your authority. Any feedback collected using the toolkit can be sent to Miller who will include the responses in their analysis of the overall consultation process. Further details are included within the toolkit.

## **Secondary data request – action required**

As mentioned above, this review has confirmed the complexity of secondary school food provision. The current Regulations stipulate both food and nutrient based standards.

However, evidence collected thus far shows that the nutrient based standards are challenging, and we want to explore whether there are different types of standards that would be better suited for the food currently being served in secondary schools. One potential option could be the introduction of nutrient standards for specific food categories. Further work is required to explore the feasibility of such an option including questions such as:

- Which nutrient parameters should be set (and what these parameters should be based on)
- Which products the potential nutrient standards could apply to
- How product specifications could be assessed against the nutrient specifications
- The proportion of products currently procured by schools that could meet the specifications (and the availability of compliant products on the wider market)
- The impact of any potential nutrient specifications, when applied together with the food based standards, on a typical school food service at morning break and at lunchtime

To support us with these questions, we have commissioned BIC Innovation to gather data. This will enable identification of the most appropriate nutrient parameters to develop nutrient specifications and testing of their application in conjunction with food-based standards.

**The success of the data analysis and interpretation relies on the availability of data from local authority procurement and catering teams, and privately catered schools.**

The data specifically required includes:

- Details for the top 30 food and drink items purchased in the local authority's secondary schools

For these top 30 items we require

- Where bought in as ready to serve items, the provision of the specification which needs to include nutritional analysis (where possible including micronutrients)
- Where cooked from scratch, the provision of the recipe, portion size and the nutritional analysis of that recipe (where possible including micronutrients).
- Detail of whether the item is consumed mainly at morning break time or at lunchtime and, if feasible, the split between paying and e-FSM pupils

We would appreciate confirmation from you, on behalf of your local authority, whether the data requested for BIC Innovation can be provided. All data provided will be used and stored in a confidential manner. It will be solely for the use of BIC innovation and officials to analyse and present recommendations to Welsh Government.


**Please could you confirm in writing (to [foodinschools@gov.wales](mailto:foodinschools@gov.wales)) by 6 June 2025 if you are/are not able to facilitate this request, including any rationale informing your decision.**

I would like to thank you for your cooperation on this.

Working together, we can create school food requirements and nutritional standards that work for everyone - supporting our children's health today and for their future.

We look forward to hearing from you and please let officials know if you require any further assistance in responding to the consultation - [foodinschools@gov.wales](mailto:foodinschools@gov.wales)

Yours sincerely,

A handwritten signature in cursive script that reads "Lynne Neagle".

**Lynne Neagle AS/MS**  
Ysgrifennydd y Cabinet dros Addysg  
Cabinet Secretary for Education