

Healthy eating in schools

We want to know what you think



This document was written by the **Welsh Government**. It is an easy read version of '**Healthy Eating and Drinking in Maintained Schools**'.

May 2025

How to use this document



This is an easy read document. You may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 32**.



Llywodraeth Cymru
Welsh Government

Where the document says **we**, this means **Welsh Government**. For more information contact:

Website:

www.gov.wales/healthy-eating-schools

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What this booklet is about



Llywodraeth Cymru
Welsh Government

We are the Welsh Government.



We want to make food and drink in schools healthier.



In Wales, children in primary schools get:

- Free school meals.
- Free or low cost milk.
- Free school breakfasts.



Some children in secondary school also get free school meals if they need them.



We want to make sure school food is good quality.

We want to make some changes. For example, changes to:



- What food and drink are offered in schools.



- Guidance on how to help children with healthy eating and drinking.



We want to know what you think about these changes.

We want your views on 3 areas:



1. New rules for food and drink in primary schools.



2. Clearer guides about promoting healthy eating.



3. Food and drink in secondary schools.



Your views will help us make the new guidelines.



There will be new laws about primary school food and drink. These will start in 2026 to 2027.



We are also planning changes for food in secondary schools.

How to send us your answers



Please send us your answers by **29 July 2025**.



You can:

- Email us your filled in form, or
- Print this form, fill it in and post it to us.



Email: foodinschools@gov.wales

Post to:



Food in Schools Team
Support for Learners Division
Education Directorate
Welsh Government
Cathays Park
Cardiff
CF10 3NQ



Please ask us if you want Easy Read information about how we use your personal information.

More about healthy school food



Children who eat well learn better, feel better and grow stronger.



School is a place where children spend a lot of time. It is a place where they can learn good eating habits.



We are changing school food rules based on the latest health information.



This will help all children get the healthy food they need.



School meals can:

- Support good eating habits.
- Help children do better at school.
- Save families money.



Some laws and Welsh policies helped us think about the changes.



One of the laws is called **The Healthy Eating in Schools (Wales) Measure 2009**. This law helps schools make sure students have healthy food and drink.

The changes we want to make are important because:

- Some children are overweight.
- Some children do not get the food they need.





Since 2013 we have made a lot of changes that have made food in schools better.



The changes have also improved things like where our food comes from. For example, using local food.



These are the next steps we want to make to make school food better.

Part 1: Changes to primary school meals



We want to change the rules for nursery and primary school lunches. We want these to be the new rules:

Fruit and vegetables



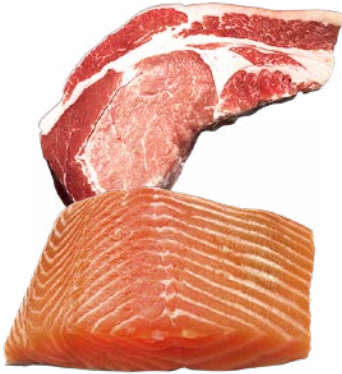
- At least 2 portions of vegetables every day.
- At least 6 different types of vegetables each week.
- Fruit served every day.
- At least 4 different types of fruit each week.

Starchy carbohydrates



- At least 3 portions of **starchy carbohydrates** each week. **Starchy carbohydrates** are foods like potatoes, bread, pasta and rice.
- Bread must be 50% wholegrain. This means half of the bread must be wholegrain.

Meat and fish



- At least 1 portion of red meat each week, but no more than 2 portions.
- Processed meat, like sausages, only once a week.
- No limit on white meat, like chicken.
- Oily fish at least once every 4 weeks.
- Limit **processed alternatives** to meat and fish, like vegetarian burgers. But include choices for people who do not eat meat or fish.
- Only small amounts of cheese.

Cooking in fats and oils



- Potato foods cooked in oil, only 2 times a week. Chips will be only once a week.
- Deep fried food only once a week.
- Pastry foods only once a week.

Desserts



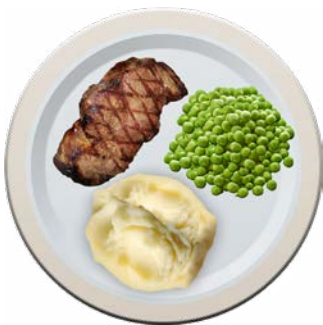
- Desserts can be served, but sweet baked desserts only 3 times a week. There is no limit on yoghurt or rice pudding.
- All desserts must include fruit or be served with fruit.



Drinks

- Only plain water, plain milk or plant-based drinks allowed.

Meal sizes



- There will be 2 meal sizes. One for infants and one for juniors.
- Unhealthy food will have a maximum size. Healthy foods will have a minimum size.
- Extra bread must be offered to all children.

Changes to primary school breakfasts



We want to make changes to school breakfasts:

- No fruit juice, it has too much sugar.
- Bread must be 50% wholegrain.
- 2 different breakfast sizes. Smaller for infants and larger for juniors.



The new rules will be easier for school cooks to follow.



We also have clearer guidance on how to support different diet needs.

Part 2: Promoting healthy eating and drinking in schools

The new guide will explain clearly:



- What school leaders must do to promote healthy eating and drinking in schools.



- What local councils must do.



- What other groups must do.

Part 3: Food in secondary schools



We think a lot of changes have happened to how secondary school children eat.



We need to learn more about what and how they eat at school.



We want your views on how to give learners healthy food they will enjoy.

Questions

About you



1. Which if the following apply to you? You can tick more than 1 box:

Primary school learner

Food supplier

Secondary school learner

Local food producer

Work in education

Farmer

Work for a council

Parent or carer

Work in catering

Other

If you ticked Other, please tell us more in the box:

About primary school meals

Please see pages 12 to 15



2. What do you think about our changes to fruit, vegetables and starchy carbohydrates?

Strongly agree



Agree



Not sure



Disagree



Strongly disagree



Please write any comments about this in the box:



3. What do you think about changes to meat and fish?

Strongly agree



Agree



Not sure



Disagree



Strongly disagree



Please write any comments about this in the box:



4. What do you think about our changes to processed meat?

Strongly agree



Agree



Not sure



Disagree



Strongly disagree



Please write any comments about this in the box:



5. What do you think about our changes to non-meat options and cheese?

Strongly agree



Agree



Not sure



Disagree



Strongly disagree



Please write any comments about this in the box:



6. What do you think about our changes to cooking in fats and oils and desserts and pastries?

Strongly agree



Agree



Not sure



Disagree



Strongly disagree



Please write any comments about this in the box:



7. What do you think about our changes to drinks?

Strongly agree

Agree

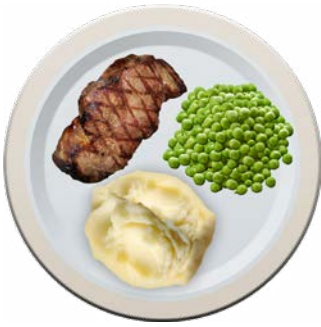
Not sure

Disagree

Strongly disagree



Please write any comments about this in the box:



8. What do you think about our changes to portion sizes?

Strongly agree



Agree



Not sure



Disagree



Strongly disagree



Please write any comments about this in the box:



9. What do you think about our changes to primary school breakfasts?

Strongly agree



Agree



Not sure



Disagree



Strongly disagree



Please write any comments about this in the box:

About the guidance



10. Is the guidance clear for the people who make and serve food in primary schools?

Yes

No

Not sure



11. Will the guidance help children with special or medical diets?

Yes

No

Not sure



12. Is the promoting healthy eating guidance clear for councils and school leaders?

Yes

No

Not sure



13. How can we help secondary schools give children good healthy food they enjoy?



Other questions

14. Do you think this guide will affect the Welsh language? And is there anything we can do differently to help the Welsh language?



**15. If there anything else you want to tell us,
please tell us in this box:**

Hard words

Starchy carbohydrates

Starchy carbohydrates are foods like potatoes, bread, pasta and rice.