

EXCERPT OF MINUTE OF MEETING OF THE COMMUNITY SERVICES COMMITTEE HELD ON
10 OCTOBER 2000

AGENDA ITEM No. 3

DIET AND NUTRITION POLICY

3. With reference to paragraph 18 of the Minute of the meeting of the Leisure Services Committee held on 7 April 1999, there was submitted a report (docketed) dated 13 September 2000 by the Director of Community Services (1) advising Members of progress regarding the preparation of a Diet and Nutrition Policy for North Lanarkshire which corresponds with the Diet Action Plan for Scotland, (2) outlining the principles and nutritional recommendations contained within the Policy which had been compiled following consultation with a number of other Council departments and with other external agencies, and (3) seeking approval of a strategy for implementation of the Policy.

Decided:

- (1) that the Diet and Nutrition Policy be approved for implementation, and
- (2) that the report be referred to the Education and Social Work Committees for their information.

**NORTH LANARKSHIRE COUNCIL
REPORT**

To: COMMUNITY SERVICES COMMITTEE		Subject: DIET AND NUTRITION POLICY
From: DIRECTOR OF COMMUNITY SERVICES		
Date: 13 SEPTEMBER 2000	Ref: PJ/KW/LH	

1 BACKGROUND

Further to the publication of the Scottish Diet Action Plan in 1994, the Scottish Office set up a Scottish Diet Action Group to develop a Diet Action Plan for Scotland. As a result of this publication in 1996, North Lanarkshire Council recognises the need as a Local Authority to implement the recommendations outlined in the action plan.

The purpose of this report is to update Committee of the Diet and Nutrition Policy publication for North Lanarkshire Council and to gain approval for its implementation.

2 INTRODUCTION

The development of a Diet and Nutrition Policy is in line with the Council's Corporate Plan and the Departmental Service Plan for Community Services.

The policy was compiled in consultation and co-operation with our colleagues in Education and Social Work as well as with external partners in Lanarkshire Health Board. The policy may require modification at a future date to take into account ongoing scientific findings in relation to nutrition and will also take account of Government initiatives as they develop.

3 PRINCIPLES AND NUTRITIONAL RECOMMENDATIONS

The Diet and Nutrition Policy has been compiled with respect to the Corporate Plan and the most recent and relevant publications such as 'The Diet Action Plan for Scotland', 'Nutritional Guidelines for School Meals' and 'Eating Well for Older People'.

The policy has been designed to enable users and providers to benefit from encouraging well being through good nutrition and so leading to a healthier life-style. This will encompass training, marketing, menu planning and design, cooking methods and food preparation in accordance with laid down nutritional recommendations in relation to Fat; Protein; Complex Carbohydrate; Non-milk extrinsic; Non-starch Polysaccharides / Fibre; Salt; Fruit and Vegetables, Vitamin A, Folate, Vitamin C, Vitamin D, Iron, Calcium, Additives and Allergies.

4 STRATEGY FOR IMPLEMENTATION

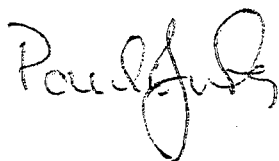
The aim of the Diet and Nutrition Policy is to encourage the uptake of a healthier diet to users of the Council's Catering services. This can be achieved by addressing aspects of the food service i.e. the dining environment, creative presentation, competitive pricing; appealing promotion of healthier choices and supply of information.

A number of these areas are being addressed with the modernising of school dining rooms and leisure cafeterias as well as the introduction of brand names such as 'Web-Bite', 'Kuppas' and Digi-Dude Healthy choices in Primary schools.

The Department of Education and Social Work should take a key role in promoting diet and nutrition through the curriculum and social framework with the Diet and Nutrition Policy providing a supportive and influential role also in other key areas within Catering services such as Purchasing; Recipe, Meal and Menu Design; Food Preparation and Cooking Methods, Promotion and Consumer Guidance; Training and also importantly in Monitoring and Evaluation.

5 RECOMMENDATION

- 5.1 The Diet and Nutrition Policy be approved for implementation.
- 5.2 The Diet and Nutrition Policy be referred to Education and Social Work Committees.

A handwritten signature in black ink, appearing to read 'Paul Jones', is written over the recommendations section.