

# West Lothian Council

Using Nutmeg nutritional analysis to demonstrate school food compliance



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## A vital tool for school menu planning

West Lothian Council implemented Nutmeg nutrition analysis software over 15 years ago to analyse all school meal menus. Since then, the council has used the innovative solution to demonstrate compliance with evolving food regulations and implement nutritious menus in its schools.

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*Nutmeg is a vital tool for menu planning across all schools in West Lothian. Nutmeg updates the system accordingly when school food guidelines change, enabling council staff to plan healthy menus in line with government guidelines whilst allowing us to cater to allergen and dietary requirements.*

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- Jamie Fisher, Facilities and Support Services Manager at West Lothian Council

Nutmeg's Nutritional Analysis function enables the council to maintain strict food standards throughout the menu planning process, including The Food Act, by providing an overview of menu dietary components, e.g., carbohydrates, fibre, highlighting whether menus meet the nutrition guidelines for each nutrient.

## Demonstrating compliance with school food standards

Council staff use the nutritional bar chart to see which food meets the legislation, with green highlighting compliance, red demonstrating failure to meet compliance, and yellow as a pass, with the option to replace recipes that fail to meet government guidance with a suitable menu.

## Catering to pupil dietary requirements

When planning menus, WLC uses Nutmeg to search for recipes that cater to specific diets, e.g., vegan, vegetarian, Halal and Kosher, and view macro and micronutrients to ensure that meals are suitable for pupils with dietary requirements.

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*Nutmeg helps with special diets when planning menus, e.g., the carbohydrate count for pupils with diabetes.*

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- Gary Borthwick, FM Area Manager at West Lothian Council



Integrating Nutmeg with CRB Cunninghams cashless school systems means all the recipe information that comes directly from the Nutmeg system, such as allergens, micronutrients and dietary requirements, would go straight into the cashless system.

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*This integration would allow us to analyse meal uptake to link with nutrition analysis, rather than inputting the information manually.*

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- Gary Borthwick, West Lothian Council

## Safeguarding pupils with allergies

For 15+ years, the council has used Nutmeg to view allergen information for planned recipes, excluding allergens such as gluten, dairy, nuts, and more. Nutmeg brings allergen information to the labelling feature, enabling staff to print labels for packaged foods, highlighting clear allergens present.

## The future of Nutmeg for West Lothian Council

With CRB Cunningham's recent Nutmeg software acquisition, Nutmeg customers, like West Lothian Council, can reap significant benefits from the procurement.



SCAN ME TO FIND OUT MORE ABOUT NUTMEG

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