

Healthier breakfasts and lunches in primary schools

Information for parents and carers



From **31 October 2026**, updated healthy eating regulations and guidance will apply in primary schools across Wales.

The changes are based on current scientific recommendations, particularly around **free sugars, fibre and processed meat**. They will help councils and schools provide nutritious, balanced food that is more closely aligned with the **Eatwell Guide**.

This document highlights the **main changes to breakfast and lunch** compared with the previous regulations and guidance. Some councils and schools may already have gone beyond the previous requirements or introduced some of these changes early.

What is changing at breakfast?

- Bread will be at least 50% wholegrain.
- Jam, marmalade and honey will no longer be offered.
- Yoghurt, fruit juice and baked beans will no longer be offered.

Cereals, milk, fruit and vegetables, and bread with reduced-fat spread will continue to be offered.

What is changing at lunch?

More fruit and vegetables will be offered



- More portions of vegetables.
- A greater variety of fruit and vegetables.
- A small portion of fruit or vegetables will be served with desserts.

More wholegrain foods will be offered



- Bread will be at least 50% wholegrain.
- Rice, pasta or noodles will be at least 50% wholegrain.
- A greater variety of starchy foods, such as potatoes, rice, pasta, noodles and couscous.

More beans and pulses will be offered



- More meals where beans or pulses are the main source of protein.
- A greater variety of beans and pulses, such as kidney beans, soya beans, chickpeas and lentils.

Changes to the meat and fish offer



- Red meat once or twice each week.
- Fewer meat products, such as ham, sausages and burgers.
- Fish products will be sustainably sourced and contain at least 50% fish.

Foods that will be offered less often



- Processed alternatives to meat and fish, such as plant-based sausages and burgers.
- Foods that are deep-fried or flash-fried, or have a coating containing oil, such as fish fingers and chicken nuggets.
- Pastry and pastry products.
- Sweetened baked products and desserts, such as cakes, biscuits, ice cream and jelly. The restriction will not apply to ambient or chilled yoghurts.

Drinks



- Plain water, plain milk and plain plant-based drinks could be offered.

Different portion sizes



- Different portion sizes will be offered for infants and juniors to ensure meals are appropriate for their age and nutritional needs.
- Minimum portion sizes will apply to foods that children should have more of.
- Maximum portion sizes will apply to foods that children should have less of.

For full details of the regulations and guidance, including other food and drink provided during the school day, please see the **Welsh Government's** website.

For more information about changes to the food and drink provided at your child's school please contact your **council or school**.