

# Key Recommendations

We have five key recommendations as part of our campaign, they are:

1

The Scottish Government and local authorities should extend the provision of free school meals to all pupils in secondary schools across Scotland. 86% of the young people who participated in this research said this was a key way to uphold their right to food, and over 75% said this would make them more likely to eat lunch at school.

2

Schools and local authorities should meaningfully involve young people in decision-making about the content and quality of school meals, and in making improvements to the eating environment. This will improve uptake in eating school meals and uphold their rights under Article 12 of the UN Convention on the Rights of the Child (UNCRC). Including young people in decision-making will help accommodate their needs, such as dietary and accessibility requirements, and could be achieved by involving them in local Food Action Plans. Education authorities should make specific efforts to engage with young people who are home-educated to ensure their right to food is being upheld.

3

Greater efforts must be made to ensure any stigma associated with asking for help to access food is eliminated, and young people must be involved in making these discussions. Young people who took part in this research identified stigma as a barrier to free school meals and suggested a range of solutions to normalise free school meals and raise awareness.

4

Local government must raise awareness among young people about local programmes and initiatives supporting food access to increase equitable access to healthy food. Only two-fifths of respondents knew about the help and support they could receive to access food in their local communities. All young people should be able to realise their right to food and must know how they can access services that support this.

5

The Scottish Government must bring the United Nations Convention on the Rights of the Child (UNCRC) Incorporation Bill back to Parliament and commit to immediate commencement when it has passed, to ensure all of these rights are upheld and are legally enforceable.

