

Hi [REDACTED]

There would be no major concerns for people receiving this for a longer period, however a few additional considerations would be:

- Provision of vitamin D supplements (10 microgram per day) as this would not be achievable through the parcel and harder for people to obtain from sunlight because they are staying indoors
- Omega-3 from fish oils would be lacking but could be helped if oil rich fish like tinned sardines and salmon were included in the parcel
- The lack of dairy would mean less calcium in the diet (but unlikely to be a major problem over a few months)

Hope this is helpful and very happy to discuss further,

Kind Regards,

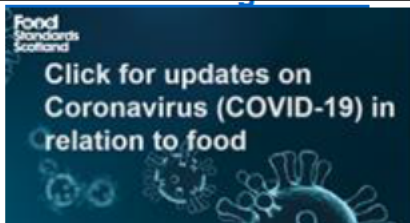
[REDACTED]

Head of Nutrition Science and Policy

Food Standards Scotland

4th Floor | Pilgrim house | Old Ford Road | Aberdeen | AB11 5RL

[REDACTED]



From: [REDACTED]

Sent: 25 March 2020 07:50

To: [REDACTED]

Subject: RE: Note to Colleagues: Director on Shielding

[REDACTED]

This is very helpful, thanks.

Would you have concerns if this package were to be delivered to people over a longer period than say 3 months?

Thanks.

[REDACTED]
[REDACTED] **HEAD OF GOOD FOOD NATION TEAM / FOOD AND
DRINK DIVISION / Directorate for International Trade and Investment / Scottish
Government**

B1 Spur / Saughton House / Broomhouse Drive / Edinburgh / EH11 3XD

[REDACTED]
Find us on Twitter @DITScotland

From: [REDACTED]

Sent: 24 March 2020 17:59

[REDACTED]
[REDACTED]
[REDACTED]
Subject: RE: Note to Colleagues: Director on Shielding

Hi [REDACTED]

I have had a look over the list below and the list of items would be sufficient to meet the fruit and vegetable and starch carbohydrate recommendations for a person for a week and are in line with Eatwell Guide recommendations. We have modelled a week's requirements to meet the dietary recommendations so I have compared the proposed list with these quantities (for more info see:

<https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday.>)

The proposed list:

- Meets the 5-a day criteria with 35 portions per week (see comments in green below). This comprises: beans 7 portions, soup 8 portions, apples and bananas 10 portions and tinned fruit and veg 10 portions. There could be additional contribution from the pasta sauces if vegetable based.
- Starchy carbohydrates are provided in sufficient quantities from the bread, cereal, pasta and rice.
- Protein sources – there are no quantitative amounts in the Eatwell Guide but the proposed list looks in line with recommendations. Tinned or dried beans or pulses such as lentils could contribute. Eggs would also be a good addition if possible to include.

There is not a lot of dairy in the list (although the quantity of milk would be more than enough to suffice) but I appreciate this is likely due to the perishable nature of these products.

I would be of the view therefore that this list below is broadly in line with Eatwell Guide recommendations and provides a pragmatic approach to provision of food for vulnerable individuals for a week.

The list provided by Fareshare included a far more limited range of items, and contributed a far fewer portions of fruit and veg for example but I believe this is designed for emergency provision and designed to last for around 3 days.

Logistically it would be more likely that food would be delivered on a weekly basis so for that reason I would support (from a nutritional perspective) provision of the more extensive list outlined below.

Hope this is helpful and happy to discuss further.

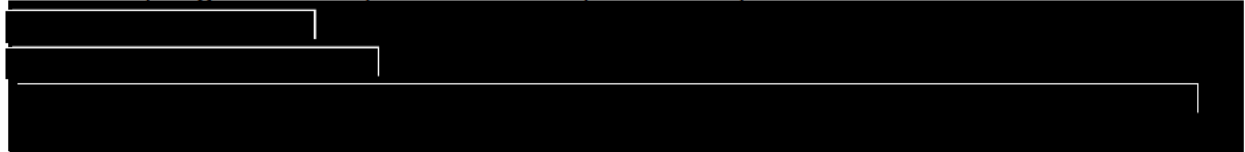
Kind Regards,



Head of Nutrition Science and Policy

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foodstandards.gov.scot



Category	Item	Amount	Comments
Beverages	Coffee	X 1 Jar	
	Tea Bags	X 1 Box	
Biscuits	Biscuits	X 1 Pack	
Bread	Bread	X 1	
Breakfast	Breakfast Cereal	X 1	
Canned	Baked Beans	X 2 (4 pack)	Assume 1 tin = 2 portions but max of 7 portions/week
	Tinned Soup	X 2 (4 pack)	Assume 1 tin = 2 portions If half are vegetable based soup, rather than e.g. cream of chicken contribute 8 portions

Carbohydrates	Pasta	X 1 Pack	
	Rice	X 1 Pack	
Fruit	Apples	X1 (5 pack)	5 portions (Assume 1 apple = 1 portion)
	Bananas	X 1 (5 pack)	5 portions (Assume 1 banana = 1 portion)
Hand Soap	Hand Soap		Could be one or the other. Soap for example may only need to be a one-off item
Shower Gel	Shower Gel		
Long Life Milk UHT	Long Life Milk UHT	2 Ltr	Could substitute for fresh if possible. Needs to adhere to regulations
Pasta Sauce	Pasta Sauce	X 2	
Potatoes	Potatoes	X 1 bag	
Protein (Tinned)	Cold Meat	X 1	Ideally 3 or more protein items if possible
	Corned Beef	X 1	
	Tuna	X 1	
Tinned	Tinned Veg	X 2	Ambient produce: carrots, broccoli and onions if possible 4 portions – assume 1 tin = 2 portions
	Tomatoes	X 2	4 portions – assume 1 tin = 2 portions
	Fruit	X 1	2 portions – assume 1 tin = 2 portions
Toilet Tissue	Toilet Tissue	X 1 (4 roll pack)	