



Tel: 01388 815427  
Email: [rosastreet@durhamlearning.net](mailto:rosastreet@durhamlearning.net)  
Web: [www.rosastreet.durham.sch.uk/](http://www.rosastreet.durham.sch.uk/)

Rosa Street Primary School  
Spennymoor  
County Durham  
DL16 7NA

Thank you for all your help in supporting our school to ensure our children bring a healthy packed lunch to school each day. I appreciate that finding items that fit in with the School Food Standards can take a little more time initially, but it does soon become easier! We do want to try to support you with this in any way that we can. I know that we all want our children to grow into healthy adults who understand how to make the best and healthiest food choices and, while we can still have treats on occasions, we must try to ensure that food regularly brought into school meets the Standards.

### **Diluted/Concentrated juice**

#### **Why is this not considered healthy?**

Juice is considered empty calories. Even though it has some nutrients from the fruit, its high concentrate of sugar counteracts the benefits of the nutrients. The no added sugar varieties still contain a lot of sugar and sweeteners which are not healthy.

#### **What do we suggest?**

Children can bring water, water with a squeeze of fresh fruit or smoothies to school. Fruit juice can be brought into school in cartons or a drinks bottle. Please ensure that the serving is no greater than 150ml as the benefits of the fruit are outweighed by the sugar content. If your child really wants to bring fruit juice cartons then we have found these cartons at Asda to be economical and compliant. They are less than 150ml and only 85p for 4.

