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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.

Flavoured Water

Why is this not considered healthy?

Flavoured water can contain a high amount of sugar which is not good for our health or teeth. When it does not contain sugar then it does have sweeteners like sucralose which are also not good for our bodies.

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 in anything larger. 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.



