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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.

Cartons of fruit juice greater than 150ml

Why are these not considered healthy?

Research has been done on fruit juice and it has been found that the quantity of sugar in a portion of fruit juice over 150mls out ways the benefits. This quantity of sugar isn't healthy for our teeth or bodies.

What do we suggest?

Children can bring water, water with a squeeze of fresh fruit or smoothies to school. If your child really wants to bring fruit juice then we have found these cartons at Asda to be economical and compliant.



