

Food in Schools - Buying guide Aldi

Food and drink standards of the Nutritional Regulations 2020

Savoury snacks per 100g

e.g. popcorn, crisps

- 25g max
- Fat <22g
- Saturated fat <2g
- Sugar <3g
- Salt <1.5g



Popcorn sweet & salted

Teddy Faces ready salted potato crisps
Snackrite Eatz Salt & Vinegar Crunch 5 pack
Tortilla chips lightly salted - 25g portions
Plain rice cakes, Cream crackers
Breadsticks, Oatcakes

Sweetened baked products

per portion e.g. bars, biscuits

Primary

- Sugar <7g
- Fat <13g
- Saturated fat <4g

Secondary

- Sugar <10g
- Fat <19g
- Sat fat <6g



Scotch pancakes (1)

Toasting Waffles (1)

Breakfast biscuit individual packs
Malt, Apple and Strawberry Soreen
Dino biscuits (2)
Multigrain Dino and Shapes bars
Crisp rice cereal bar

Yoghurts per 100g

- 125g max **primary**, 175ml **secondary**
- sugar <10g
- fat <3g



Strawberry Greek yoghurts

Fromage frais

Breads per 100g

e.g. wraps, pittas, brioche

- >3g fibre



White medium sliced and Soft white farmhouse

Both in one and lightly seeded - Village bakery

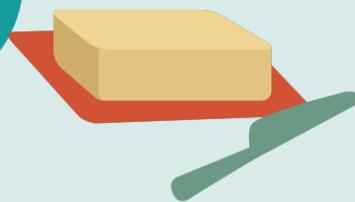
All wholemeal bread

Mini and standard white wraps

Both in one, seeded and wholemeal wraps

Spreads per 100g

- <20g saturated fat
- >30g unsaturated fat



Olive spread

Beautifully buttery

Perfect for cakes

Cereals per 100g

- Sugars <15g
- Fibre >3g
- Salt <1.1g

Dino multigrain

Multigrain hoops

Multigrain shapes

Wheat bite size

Malted wheaties

Bran flakes

Drinks

Primary & secondary

- Water or milk
- No added sugar flavoured milk
 - e.g. hot chocolate

Secondary

- no added sugar drinks



No flavoured milk or hot chocolate available

Secondary

cordial, sugar free flavoured waters