

Food in Schools - Buying guide

Food and drinks 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



Popchips - sea salt

Eat Real

Popcorn Asda

Propercorn popcorn sea salt

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



Malt, Apple and Strawberry Soreen

Porridge to go - cinnamon and golden syrup bars

Natural valley oatly & crispy honey bars

Weetabix marvel bar caramel

Go ahead fibrejacks - 1 slice

Kingsmill pancake

Crumpets

Yoghurts per 100g

- 125g max **Primary**
- 175g **Secondary**
- sugar <10g
- fat <3g



Petit filous

Munch bunch squashums

- strawberry and blackcurrant

Breads per 100g

e.g. brioche, rolls, wraps, baguettes

- >3g fibre



Roberts white bread

Best of both breads

All wholemeal bread

El paso wholewheat wraps

Weight watcher plain wraps

Mission wheat and white wraps

Spreads per 100g

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

Clover light

Flora Original

Vitalite

Bertolli

Cereals per 100g

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



Shreddies

Cornflakes

Shredded wheat bitesize

Bran flakes

Rice Krispie multigrain shapes

Drinks

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

No flavoured milk or hot chocolate available

*School meals provider may be able to source