

Savoury snacks per 100g

e.g. popcorn, crisps

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



Sweetened baked products

per portion e.g. bars, biscuits

Primary

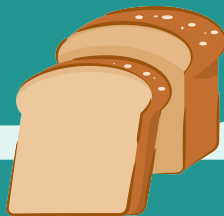
- Sugar <7g
- Fat <13g
- Saturated fat <4g

Secondary

- sugar <10g
- fat <19g
- sat. fat <6g

Cereals per 100g

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



Breads per 100g

e.g. rolls, brioche, wraps, pitta

- >3g fibre

FOOD IN SCHOOLS

BUYING GUIDE

Food & Drink Standards
of the Nutritional
Regulations 2020

No confectionery

- no sweets, marshmallows
- no chocolate
- no yoghurt covered products

No red & red processed meat

- no ham, pork, sausages
- no beef, burgers

No pastry or products

- no croissants, danish pastries
- no pies, sausage rolls etc



Yoghurts per 100g

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



Spreads per 100g

- Saturated fat <20g
- Unsaturated fat >30g

Drinks

Primary and secondary

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

Secondary

- no added sugar drinks e.g. cordial, flavoured waters



Fruit and/or vegetables

- Portions must be made available where any food is provided.
- **Primary** 40g portions
- **Secondary** 80g portions