



fruit to suit obtains nutrition and ingredient information directly from suppliers. We do investigate to determine if the information provided to us in regards to any item is accurate, but we can not provide assurance that all data entry was done without error. If manufacturers or suppliers change ingredients, we cannot guarantee they will update the information they provide to us. The country of origin may change without notice due to seasonality. Accordingly, the information displayed in this document is not guaranteed to be 100% accurate and the actual physical items should be considered the authoritative source.

School Food Standards

Each product is marked as to whether it meets the School Food Standards.

fruit to suit Snack Allergens

As well as allergens quoted for individual products, fruit to suit's own products are stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.

Tuck Shop Managers

It is very important you find out if any of the children in your school have any food allergies. You can write a letter to parents asking if their children have any allergies. There is a template letter in the back of the Supervisor Guide and in the Tuck Shop Manager Task sheets. If they do have any allergies, invite the parents into school so they can see the snacks and drinks and their ingredients themselves.

Essential Vitamins and Minerals

According to the School Food Standards "research shows that some children in the UK aren't getting enough iron, zinc and calcium in their diets to support their rapid growth."

The standards then state the following:

- ◇ Dried apricots and raisins are a source of iron.
- ◇ Plain popcorn and sesame seeds are a source of zinc.
- ◇ Dried figs are a source of calcium.

Portion Controlled

All of our snacks are portion controlled. According to www.nhs.uk, **30g is considered an adult portion of dried fruit.**



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Apple Bites		Nutritional Information per 100gm	
Meet School Food Standards		Energy	1014 kj / 239 kcal
Quantity	25 x 10gm	Protein	2.0
Product of	China	Carbohydrates	65.9
Ingredients	Dried apple, rice flour, preservative: SULPHUR DIOXIDE	of which sugars	57.2
Allergens	See ingredients in bold UPPERCASE	Fats	0.5
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		of which saturated	nil
		Fibre	9.7
		Sodium	0.016



Apples are a source of:

Fibre

- ◇ keeps your digestive system in good working order

Vitamin A

- ◇ helps your immune system to work as it should against infections,
- ◇ helps vision in dim light
- ◇ keeps skin and the linings of some parts of the body, such as the nose, healthy

Vitamin E

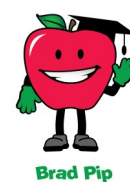
- ◇ helps to maintain healthy skin, eyes and strengthens the immune system

Potassium

- ◇ helps control the balance of fluids in the body
- ◇ helps correct functioning of the heart muscle

Copper

- ◇ helps to produce red and white blood cells
- ◇ triggers the release of iron to form haemoglobin that carries oxygen around the body
- ◇ thought to be important for infant brain development and strong bones



Brad Pip

Assorted Raisins		Nutritional Information per 100gm	
Meet School Food Standards		Energy	1191 kj / 285 kcal
Quantity	25 x 25gm	Protein	2.6
Product of	Various origins	Carbohydrates	73.8
Ingredients	Raisins, golden raisins, crimson raisins, sultanas, preservative: SULPHUR DIOXIDE , dressed in natural vegetable oil	of which sugars	67.2
Allergens	See ingredients in bold UPPERCASE	Fats	0.50
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		of which saturated	0.04
		Fibre	3.0
		Sodium	0.03



Raisins are a source of:

Iron

- ◇ helps to make red blood cells which carry oxygen around the body

Calcium

- ◇ helps to build strong bones and teeth,
- ◇ regulates muscle contractions, including heartbeat
- ◇ ensures blood clots normally

Vitamin B6

- ◇ helps the body to use and store energy from protein and carbohydrates in food
- ◇ helps to form haemoglobin which carries oxygen around the body in red blood cells

Fibre

- ◇ keeps your digestive system in good working order

Raisins are also a rich source of **antioxidants**: they work together inside the body to help keep cells working properly.

Hidden Nasties to look out for in similar products!

Glucose syrup, palm oil



Chopped Apricots		Nutritional Information per 100gm	
Meet School Food Standards		Energy	802 kj / 189 kcal
Quantity	25 x 20gm	Protein	4.6
Product of	Turkey	Carbohydrates	62.6
Ingredients	Apricots, rice flour, preservative: SULPHUR DIOXIDE	of which sugars	53.4
Allergens	See ingredients in bold UPPERCASE	Fats	0.51
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		of which saturated	0.02
		Fibre	7.7
		Sodium	0.056



Apricots are a source of:

Fibre

◇ keeps your digestive system in good working order

Iron

◇ helps to make red blood cells which carry oxygen around the body.

Vitamin A

- ◇ helps your immune system to work as it should against infections,
- ◇ helps vision in dim light
- ◇ helps to keep skin and the linings of some parts of the body, such as the nose, healthy.

Potassium

- ◇ helps control the balance of fluids in the body
- ◇ and helps the correct functioning of the heart muscle.

Calcium

- ◇ helps to build strong bones and teeth
- ◇ regulate muscle contractions, including heartbeat
- ◇ ensures blood clots normally

fruit to suit's chopped apricots are sourced from Turkey. Turkish apricots contain more calcium than apricots grown in other countries.



Fruits of the Vine		Nutritional Information per 100gm	
Meet School Food Standards		Energy	1156 kj / 273 kcal
Quantity	25 x 25gm	Protein	2.3
Product of	Various origins	Carbohydrates	72.2
Ingredients	Seedless sultanas, raisins and currants.	of which sugars	59.5
Allergens	See ingredients in bold UPPERCASE	Fats	0.4
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		of which saturated	0.05
		Fibre	2.0
		Sodium	0.03



Fruits of the Vine are a source of:

Iron

- ◇ helps to make red blood cells which carry oxygen around the body.
- ◇ a lack of iron can lead to iron deficiency anaemia.

Calcium

- ◇ helps to build strong bones and teeth
- ◇ regulates muscle contractions, including heartbeat
- ◇ ensures blood clots normally

Zinc

- ◇ helps to make new cells and enzymes
- ◇ helps us process carbohydrate, fat and protein in food
- ◇ helps with the healing of wounds

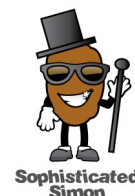
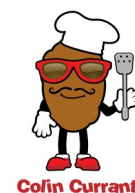
Vitamin B6

- ◇ helps the body to use and store energy from protein and carbohydrates in food
- ◇ helps to form haemoglobin – the substance in red blood cells that carries oxygen around the body

Fibre

- ◇ keeps your digestive system in good working order

Raisins, sultanas and currants are a rich source of **antioxidants**: they work together inside the body to help keep cells working properly.



Mango, Apple & Apricot		Nutritional Information per 100gm	
Meet School Food Standards		Energy	760kj / 179 kcal
Quantity	25 x 20g	Protein	2.9
Product of	Various	Carbohydrates	54.9
Ingredients	Apricots 43%, dried mango 18%, dried apple 18%, flame raisins, rice flour, sunflower oil, preservative SULPHUR DIOXIDE	of which sugars	45.4
		Fats	0.4
Allergens	See ingredients in bold UPPERCASE	of which saturated	0.04
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		Fibre	5.6
		Sodium	0.039



Mango is a source of:

Fibre

- ◇ keeps your digestive system in good working order

Vitamin A

- ◇ helps your immune system to work as it should against infections
- ◇ helps vision in dim light.
- ◇ helps keep skin and the linings of some parts of the body, such as the nose, healthy.

Potassium

- ◇ helps control the balance of fluids in the body.
- ◇ helps correct functioning of the heart muscle.

Copper

- ◇ helps to produce red and white blood cells, and triggers the release of iron to form haemoglobin – the substance that carries oxygen around the body.
- ◇ is thought to be important for brain development, the immune system and strong bones.

Mango is a rich source of **antioxidants**: they work together inside the body to help keep cells working properly.



Pear and Raisins		Nutritional Information per 100gm	
Meet School Food Standards		Energy	469kj / 111kcal
Quantity	25 x 25g	Protein	0.8
Product of	Various	Carbohydrates	26.0
Ingredients	Dried pear 50% (preservative sodium METABISULPHITE , flame raisins 50%, sunflower oil	of which sugars	26.0
Allergens	See ingredients in bold UPPERCASE	Fats	0.3
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		of which saturated	0
		Fibre	4.2
		Sodium	0.008



Pears are a source of:

Vitamin C

- ◇ helps to protect cells and keeps them healthy
- ◇ is necessary for the maintenance of healthy connective tissue, which gives support and structure for other tissue and organs
- ◇ helps wound healing

Vitamin K

- ◇ helps wounds to heal properly
- ◇ is needed to help keep bones healthy

Iron

- ◇ helps to make red blood cells which carry oxygen around the body.

Copper

- ◇ helps to produce red and white blood cells, and triggers the release of iron to form haemoglobin – the substance that carries oxygen around the body.
- ◇ is thought to be important for infant growth, brain development, the immune system and strong bones.



Popcorn		Nutritional Information per 100gm	
Meet School Food Standards		Energy	1751 kj / 417 kcal
Quantity	100 x 10gm	Protein	10.9
Product of	United Kingdom	Carbohydrates	74.0
Ingredients	Popping corn, rapeseed oil	of which sugars	0.9
Allergens	See ingredients in bold UPPERCASE	Fats	11.5
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		of which saturated	1.1
		Fibre	12.8
		Sodium	0.04



More Information

Popcorn is a source of:

Zinc

- ◇ helps to make new cells and enzymes
- ◇ helps us process carbohydrate, fat and protein in food
- ◇ helps with the healing of wounds

Fibre

- ◇ keeps your digestive system in good working order



Poppy Corn

Fruit Crisps		Typical Nutritional Information per 100gm	
Meet School Food Standards		Energy	1445 kj / 342 kcal
Sweet Apple Tangy Apple Pear		Protein	1.50
		Carbohydrates	75.6
		of which sugars	55.0
Quantity	24 x 20gm per flavour	Fats	0.6
Product of	United Kingdom	of which saturated	0.08
Ingredients	100% home grown fruit	Fibre	14.2
Allergens	See ingredients in bold UPPERCASE	Sodium	0.09



Apple and Pear fruit crisps are a source of:

Fibre

- ◇ keeps your digestive system in good working order

Vitamin A

- ◇ helps your immune system to work as it should against infections
- ◇ helps vision in dim light.
- ◇ helps keep skin and the linings of some parts of the body, such as the nose, healthy.

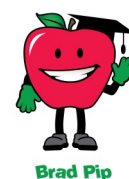
Vitamin E

- ◇ helps to maintain healthy skin, eyes and strengthens the immune system.

Vitamin K

- ◇ helps wounds to heal properly
- ◇ is needed to help keep bones healthy

Perry Court Farm crisps are 100% home grown in Kent.



Brad Pip



Penelope Pear

Fruit Pots		Typical Nutritional Information per 100gm	
Meet School Food Standards		Energy	260 kj / 62 kcal
Quantity	18 x 113g per flavour	Protein	0.3
Peach and Pear Pineapple		Carbohydrates	15.4
Product of	Various	of which sugars	14.0
Allergens	See ingredients in bold UPPERCASE	Fats	0.1
		of which saturated	trace
		Fibre	0.9

Mandarin	Peach & Pear	Pineapple
Ingredients: mandarin (55%), apple juice from concentrate, acidity regulator (citric acid), orange flavouring, antioxidant (ascorbic acid)	Ingredients: fruit juices from concentrate (apple, grape), peach (27.5%), pear (27.5%), citric acid, ascorbic acid	Ingredients: pineapple (55%), mixed fruit juices from concentrate (apple, pineapple), citric acid, ascorbic acid



More Information

fruitypots contain no artificial colours, flavours or preservatives.

1 of your 5 a day!

Real fruit pieces in fruit juice - no syrup!

No added sugar - contain naturally occurring sugars.

Approximately 70g of fruit when drained.

A lovely way to introduce new fruits to children - peach, pear and pineapple.

Hidden Nasties to look out for in similar products!

Added sugar, syrup, sweeteners



Penelope Pear



Punky Pineapple

Apricot Crunchies		Nutritional Information per 100gm	
Do Not Meet School Food Standards		Energy	1470 kj / 350 kcal
Quantity	25 x 25gm	Protein	4.2
Product of	Various Origins	Carbohydrates	65.6
Ingredients	Apricots 48%, sugar, non hydrogenated vegetable oil, cornflakes 20%, whey powder (MILK), yoghurt powder (MILK), rice flour, citric acid, glazing agent: gum arabic, vegetable protein, emulsifier: SOYA lecithin, natural flavouring, preservative: SULPHUR DIOXIDE	of which sugars	53.5
		Fats	12.7
Allergens	See ingredients in bold UPPERCASE	of which saturated	11.26
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		Fibre	4.2
		Sodium	0.029



More Information

Apricot Crunchies do not meet the School Food Standards because they contain a small amount of added sugar in the yoghurt coating.

The School Food Standards state "some children in the UK aren't getting enough iron, zinc and calcium in their diets to support their rapid growth".

The School Food Standards indicate dried apricots as a source of iron.

Dried apricots are also a good source of:

Vitamin A

- ◇ helps your immune system to work as it should against infections,
- ◇ helps vision in dim light
- ◇ helps keep skin and the linings of some parts of the body, such as the nose, healthy.

Hidden Nasties to look out for in similar products!

Partially hydrogenated palm kernel oil, titanium oxide, corn syrup, dextrin and maltodextrin.



Chilli Seeds		Nutritional Information per 100gm	
Do Not Meet School Food Standards		Energy	2579 kj / 625 kcal
Quantity	25 x 15gm	Protein	27
Product of	Various origins	Carbohydrates	17.4
Ingredients	sunflower seeds (61%), pumpkin seeds (18%), sweet apricot kernels (13%), savoury sauce (SOYA beans, water, sea salt, koji (aspergillus oryzae)), dried crushed chilli flakes (2%)	of which sugars	2.4
Allergens	See ingredients in bold UPPERCASE	Fats	53.3
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		of which saturated	6.0
		Fibre	9.7
		Salt	0.8



More Information

Lightly roasted chilli seeds with delicious crunchy kernels.

Chilli seeds do not meet School Food Standards because they contain added sea salt.

Seeds are a good source of fibre, protein and iron and are packed with vitamins and minerals such as vitamin B1, vitamin B2, zinc, magnesium and potassium.

Vitamin B1 - Thiamine

- ◇ works with other B-group vitamins to help break down and release energy from food
- ◇ keeps the nervous system healthy.

Zinc

- ◇ helps to make new cells and enzymes
- ◇ helps us process carbohydrate, fat and protein in food
- ◇ helps with the healing of wounds.

Even the dried chilli flakes are high in **antioxidants!** They work together inside the body to help keep cells working properly.



Spicy Sid

Spicy Noodles		Nutritional Information per 100gm	
Do Not Meet School Food Standards		Energy	1871 kj /446 kcal
Quantity	25 x 25gm	Protein	8.45
Product of	United Kingdom	Carbohydrates	66.2
Ingredients	Gram flour, potato flour, corn flour, rapeseed oil, SESAME seeds, tamari (SOYA) salt, spices (onion and chilli powder)	of which sugars	2.3
Allergens:	See ingredients in bold UPPERCASE	Fats	17.9
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD.		of which saturated	1.7
		Fibre	3.5
		Sodium	0.05



More Information

Spicy Noodles do not meet the School Food Standards because they contain a small amount of added salt.



Typical Values per 100gm			
	Salt	Fat	Sat Fat
Crisps	1.3	30.5	2.5
Noodles	0.05	17.9	1.7

This table shows the fat and salt comparison between spicy noodles and a similar type of snack, potato crisps.

Sesame seeds are also a good source of:

Zinc

- ◇ helps to make new cells and enzymes
- ◇ helps us process carbohydrate, fat and protein in food
- ◇ helps with the healing of wounds

Calcium:

- ◇ helps to build strong bones and teeth
- ◇ regulates muscle contractions, including heartbeat
- ◇ ensures blood clots normally

Yoghurt Raisins & Raisins		Nutritional Information per 100gm	
Do Not Meet School Food Standards		Energy	2047 kj / 483 kcal
Quantity	25 x 25gm	Protein	14.2
Product of	Various origins	Carbohydrates	33.8
Ingredients	Raisins (51%), yoghurt raisins (sugar, raisins (30%), non-hydrogenated palm kernel & coconut fat, whey powder (MILK), yoghurt powder (MILK), citric acid, emulsifier: SOYA lecithin, glazing agent: gum arabic, vegetable protein, flavourings)	of which sugars	24.1
		Fats	35.8
Allergens	See ingredients in bold UPPERCASE	of which saturated	6.07
As well as any allergens quoted above, the product is stored in an environment that handles: PEANUTS, NUTS, SESAME SEEDS, GLUTEN., MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD		Fibre	4.2
		Sodium	0.059



More Information

Yoghurt Raisins & Raisins do not meet the School Food Standards because they contain a small amount of added sugar in the yoghurt coating.

The School Food Standards state "some children in the UK aren't getting enough iron, zinc and calcium in their diets to support their rapid growth".

The School Food Standards indicate dried raisins as a source of iron which helps to make red blood cells which carry oxygen around the body

Raisins are also a good source of:

Calcium

- ◇ helps to build strong bones and teeth
- ◇ regulates muscle contractions, including heartbeat
- ◇ ensures blood clots normally

Hidden Nasties to look out for in similar products!

Sugar, partially hydrogenated palm kernel oil, titanium dioxide, corn syrup, dextrin and maltodextrin.



Humzingers	
Do Not Meet School Food Standards	
Quantity	10 x 13gm
Raspberry Strawberry	
Allergens	See ingredients in bold UPPERCASE
To reduce stickiness, bars are slightly dusted with white starch.	

Typical Nutritional Information per 100gm	
Energy	1272 kj / 300 kcal
Protein	1.6
Carbohydrates	68.6
of which sugars	52.7
Fats	0.45
of which saturated	0.1
Fibre	7.7
Sodium	< 0.1

Raspberry
Ingredients: Dried pear, dried grape, dried apple, dried apricot, raspberry puree (3%), apple fibre, natural flavouring, natural colour (anthocyanin) preservative (SULPHUR DIOXIDE).

Strawberry
Ingredients: Dried pear, dried grape, dried apple, dried apricot, strawberry puree (3%), apple fibre, natural flavouring, natural colour (anthocyanin) preservative (SULPHUR DIOXIDE).



More Information

Humzingers do not meet the School Food Standards because they are processed (the fruit is pureed and then formed into sticks).

Humzingers are made of 100% fruit, nothing is added. The sugar released is natural fruit sugar.

Each 13g stick is the equivalent of 67g of fresh fruit.

Hidden Nasties to look out for in similar products!

Glucose syrup, sugar, date syrup, palm oil and hydrogenated fats.

Nutritional Information



Get Fruity Fruit Bars		Typical Nutritional Information per 100gm	
Do Not Meet School Food Standards		Energy	1593 kj / 378 kcal
Quantity	35 x 20g - one flavour per box	Protein	6.3
Marvellous Mango Moist Mixed Berry Scrumptious Strawberry		Carbohydrates	66.0
		of which sugars	38.0
		Fats	8.7
		of which saturated	5.2
		Fibre	6.0
Allergens	see ingredients in bold UPPERCASE	Salt	0.05

Marvellous Mango	Ingredients: fruit and fruit juices from concentrate (45%), (dried mango (15%), raisins (raisins, vegetable oil), mango juice concentrate (9%), orange juice concentrate, white grape juice concentrate) gluten free OATS (42%), virgin coconut oil, rice starch, colour: mixed carotenes, natural flavourings: mango (0.003%)
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Moist Mixed Berry	Ingredients: fruit and fruit juices from concentrate (45%), (raisins (raisins, vegetable oil), cranberries (cranberries, pineapple fruit juice concentrate (6%), red grape juice concentrate, blackcurrants (blackcurrants, apple juice concentrate (4.5%), white grape juice concentrate, blackberry juice concentrate (3%)), gluten free OATS (42%), virgin coconut oil, rice starch, colour: beetroot red, natural flavourings: blackberry (0.004%)
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Scrumptious Strawberry	Ingredients: fruit and fruit juices from concentrate (45%), (raisins (raisins, vegetable oil), strawberries (strawberries, apple fruit juice concentrate (9%), red grape juice concentrate, white grape juice concentrate, strawberry granules (2%)), gluten free OATS (42%), virgin coconut oil, rice starch, colour: beetroot red, natural flavourings: strawberry (0.004%)
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More Information

Get Fruity fruit bars do not meet the school food plan standards because they are processed.

The fruit bars are a tasty fruit and oat bar.

The bars are portion controlled (according to nhs.uk/livewell: 30g is considered an **adult** portion of dried fruit.)

Hidden Nasties to look out for in similar products!

Glucose syrup, other added sugars and hydrogenated fats.

Perry Court Fruit Bars		Typical Nutritional Information per 100gm	
Do Not Meet School Food Standards		Energy	1146 kj / 276 kcal
Quantity	48 x 15gm mixed flavours	Protein	2.25
Apple and Blueberry Apple and Raspberry Apple and Strawberry Pear and Apple		Carbohydrates	71.5
		of which sugars	57.9
		Fats	0.5
		of which saturated	0.2
Allergens	see ingredients in bold UPPERCASE	Fibre	13.9
		Salt	0.04

Apple and Blueberry	Apple and Raspberry	Apple and Strawberry	Pear and Apple
Ingredients: Apple (80%), blueberry puree (20%)	Ingredients: Apple (80%), raspberry puree (20%)	Ingredients: Apple (80%), strawberry puree (20%)	Ingredients: Pear (60%), apple puree (40%)



More Information

Perry Court fruit bars do not meet the school food plan standards because they are processed.

The fruit bars are 100% fruit and made in Kent. Each bar contains either a whole apple or whole pear.

The sugar released is natural fruit sugar.

The bars are portion controlled (according to nhs.uk/livewell: 30g is considered an **adult** portion of dried fruit.)

Hidden Nasties to look out for in similar products!

Glucose syrup, other added sugars and hydrogenated fats.

Nakd Raisins		Typical Nutritional Information per 100g	
Do Not Meet School Food Standards		Energy	1159 kj / 272 kcal
Crazy Cola - Tangy Lime - Orange - Cherry		Protein	2.1
Quantity	18 x 25gm per flavour	Fibre	2.0
Ingredients	Sun-dried raisins (98%), citric acid, natural flavouring	Carbohydrates	69.3
Allergens	See ingredients in bold UPPERCASE	(of which sugars)	69.3
Packed in an environment that packs nuts, peanuts, sesame and gluten.		Fats	<0.1



More Information

Nakd raisins do not meet the School Food Standards because they are infused with natural flavourings.

Nakd raisins contain naturally occurring, unrefined sugars found in fruit.

Nakd raisins do not contain any artificial sweeteners, flavourings or colourings.

The packs are portion controlled (according to nhs.uk/livewell: 30g is considered an **adult** portion of dried fruit.)

The School Food Standards state "some children in the UK aren't getting enough iron, zinc and calcium in their diets to support their rapid growth". The School Food Standards then indicate dried raisins as a source of iron.

Raisins are also a good source of:

Calcium

- ◇ helps to build strong bones and teeth
- ◇ regulates muscle contract



Rocking Raisin

Aquajuce Cartons	
Meet School Food Standards	
Quantity	27 x 200ml carton
Apple Forest Fruits Orange	
Allergens	See ingredients in bold UPPERCASE

Typical Nutritional Information per 100ml	
Energy	99 kj / 23 kcal
Protein	negligible
Carbohydrates	5.7g
Fats/Fibre	negligible
Sodium	0.006g

Apple	Forest Fruits	Orange
Ingredients: Fruit juices from concentrate 50% (grape, apple 15%), natural mineral water, natural flavouring, preservative: potassium sorbate, fruit and vegetable concentrates (apple, safflower, lemon, hibiscus, carrot)	Ingredients: Fruit juices from concentrate 50% (grape, apple, blackcurrant, strawberry), natural mineral water, natural flavouring, preservative: potassium sorbate	Ingredients: Fruit juices from concentrate 50% (grape, orange 14%, apple), natural mineral water, natural flavouring, preservative: potassium sorbate



More Information

A blend of 50% fruit juice and spring water and count as one of your five-a-day

No added sugar, artificial sweeteners, flavourings or colouring.

Hidden Nasties to look out for in similar products!

Sweeteners (aspartame, saccharin, acesulfame K), colouring (brilliant blue E133)

(Brilliant blue - E133 - is currently on the approved list produced by food.gov.uk but is banned in Austria, Belgium, Denmark, France, Germany, Greece, Italy, Norway, Spain, Sweden and Switzerland!)

Hydra Fizz		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	121 kj / 29 kcal
Quantity	24 x 300ml bottles	Protein	0.3
Apple Crush Berry Medley Fruit Smash Tropical Twist Very Cherry Zingy Lemon		Carbohydrates	5.7
		of which sugars	5.0
		Fats	0.4
		of which saturated	0.2
		Fibre	0.6
Allergens	See ingredients in bold UPPERCASE	Salt	<0.1

Apple Crush	Berry Medley	Fruit Smash
Ingredients: Fruit juices from concentrate (50%) (white grape, apple, peach, lemon), carbonated spring water, natural flavourings, preservative: potassium sorbate	Ingredients: Fruit juices from concentrate (50%) (white grape, apple, peach, lemon), carbonated spring water, natural flavourings, natural colouring: black carrot, preservative: potassium sorbate	Ingredients: Fruit juices from concentrate (50%) (white grape, apple, peach, lemon), carbonated spring water, natural flavourings, natural colourings: beta carotene, black carrot, preservative: potassium sorbate

Tropical Twist	Very Cherry	Zingy Lemon
Ingredients: Fruit juices from concentrate (50%) (white grape, apple, peach, lemon), carbonated spring water, natural flavourings, natural colourings: beta carotene, preservative: potassium sorbate	Ingredients: Fruit juices from concentrate (50%) (white grape, apple, peach, lemon), carbonated spring water, natural flavourings, natural colouring: black carrot, preservative: potassium sorbate	Ingredients: Fruit juices from concentrate (50%) (white grape, apple, peach, lemon), carbonated spring water, natural flavourings, preservative: potassium sorbate



More Information
A blend of 50% fruit juice and spring water and count as one of your five-a-day.
No added sugar, artificial sweeteners, flavourings or colouring.
Hidden Nasties to look out for in similar products!
Sweeteners (aspartame, saccharin, acesulfame K), colouring (brilliant blue E133)

Nutritional Information



Juicy Water	
Meet School Food Standards	
Quantity	24 x 200ml carton
Apple Orange & Pineapple Raspberry & Apple	
Allergens	See ingredients in bold UPPERCASE

Typical Nutritional Information per 100ml	
Energy	111 kJ / 27 kcal
Protein	0.1g
Carbohydrates	6.3g
of which sugars	6.3g
Fats	0.1g
Fibre	trace
Sodium	trace

Apple
Ingredients: Apple juice* 75%, water 25% (*from concentrate)

Orange & Pineapple
Ingredients: Orange juice* 37.5%, pineapple juice* 37.5%, water 25% (*from concentrate)

Raspberry & Apple
Ingredients: Grape juice 38%, apple juice* 25%, water 25%, raspberry juice* 12%, lemon juice* (*from concentrate)



More Information

75% fruit juice and 25% water.

150mls of fruit juice is considered to be an adult portion to count as one of your five-a-day. Each carton of juicy water contains 133mls of fruit juice.

No artificial additives, sweeteners or colourings.

Hidden Nasties to look out for in similar products!

Sweeteners (aspartame, saccharin, acesulfame K), colouring (brilliant blue E133)
(Brilliant blue - E133 - is currently on the approved list produced by food.gov.uk but is banned in Austria, Belgium, Denmark, France, Germany, Greece, Italy, Norway, Spain, Sweden and Switzerland!)

Naturelly		Typical Nutritional Information per 100gm	
Meet School Food Standards		Energy	153 kj / 37 kcal
Quantity	12 x 100g	Protein	0.6
Apple & Blackcurrant Summer Fruits Tropical Fruits		Carbohydrates	8.4
		of which sugars	7.5
Allergens	See ingredients in bold UPPERCASE	Fats	<0.1
		Fibre	0.5
		Salt	<0.1

Apple & Blackcurrant
Ingredients: Apple juice (60%), water, apple puree (8%), blackcurrant juice (2%), thickener: gellan gum, natural flavouring, acidity regulator: malic acid, antioxidants: vitamin C.
Summer Fruits
Ingredients: Apple juice (60%), water, apple puree (8%), strawberry juice (1%), raspberry juice (1%), blackcurrant juice (1%), thickener: gellan gum, natural flavouring, acidity regulator: malic acid, antioxidants: vitamin C.
Tropical Fruits
Ingredients: Apple juice (38%), water, orange juice (22%), apple puree (8%), pineapple juice (2.5%), passion fruit juice (0.5%), thickener: gellan gum, natural flavouring, acidity regulator: malic acid, antioxidants: vitamin C.



More Information

Naturelly is made of juice and fruit! Gelatine free, no added sugar or sweeteners and is rich in Vitamin C.

Each pouch contains 80mg of Vitamin C, which is 100% of the recommended intake of an average adult.

Hidden Nasties to look out for in similar products!

Glucose fructose syrup, sugar and sweeteners: aspartame, acesulfame K

Pure Juice Shots	
Meet School Food Standards	
Quantity	96 x 85ml cuplet
Apple	
Orange	
Allergens	See ingredients in bold UPPERCASE

Typical Nutritional Information per 100ml	
Energy	202 kj / 47 kcal
Protein	negligible
Carbohydrates	11.2g
of which sugars	11.2g
Fats	negligible
Fibre	negligible
Sodium	negligible

Apple
Ingredients: Pure apple juice

Orange
Ingredients: Pure orange juice



More Information

100% natural - no artificial sweeteners, flavourings or added sugar.

Grade A pure fruit juice.

Orange and apple juice is a source of:

Vitamin C

- ◇ helps to protect cells and keeps them healthy
- ◇ is necessary for the maintenance of healthy connective tissue, which gives support and structure for other tissue and organs
- ◇ helps wound healing

Iron

- ◇ helps to make red blood cells which carry oxygen around the body

Pure Juice Cartons	
Meet School Food Standards	
Quantity	27 x 150ml carton
Apple	
Orange	
Allergens	See ingredients in bold UPPERCASE

Typical Nutritional Information per 100ml	
Energy	202 kj / 47 kcal
Protein	negligible
Carbohydrates	11.2g
of which sugars	11.2g
Fats	negligible
Fibre	negligible
Sodium	negligible

Apple
Ingredients: Pure apple juice

Orange
Ingredients: Pure orange juice



More Information

100% natural - no artificial sweeteners, flavourings or added sugar.

Grade A pure fruit juice.

Orange and apple juice is a source of:

Vitamin C

- ◇ helps to protect cells and keeps them healthy
- ◇ is necessary for the maintenance of healthy connective tissue, which gives support and structure for other tissue and organs
- ◇ helps wound healing

Iron

- ◇ helps to make red blood cells which carry oxygen around the body

The Smoothie	
Meet School Food Standards	
Quantity	27 x 200ml carton
Orange & Mango Strawberry & Banana	
Allergens	See ingredients in bold UPPERCASE

Typical Nutritional Information per 100ml	
Energy	226 kJ / 54 kcal
Protein	0.6g
Carbohydrates	11.7g
of which sugars	11.7g
Fats	0.2g
of which saturates	trace
Fibre	trace
Sodium	trace

Orange & Mango
Ingredients: Orange juice* 37%, apple juice* 23%, mango puree 20%, banana puree 12%, passion fruit juice* 8%, antioxidant: ascorbic acid (*from concentrate)

Strawberry & Banana
Ingredients: Apple juice* 50%, banana puree 15%, peach puree 12%, strawberry puree 8%, raspberry puree 6%, aronia berry juice* 5%, lemon juice* 2%, antioxidant: ascorbic acid (*from concentrate)



More Information
Made from fruit juice and fruit puree.
No added sugar.
No artificial sweeteners, flavourings or colourings.

Viva Milkshake		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	274kj / 64 kcal
Quantity	27 x 200ml carton	Protein	3.4g
Banana Chocolate Strawberry		Carbohydrates	9.0g
		of which sugars	9.0g
		Fats	1.6g
		of which saturated	1.1g
		Fibre	Nil
Allergens	See ingredients in bold UPPERCASE	Sodium	0.05g

Banana
Ingredients: Semi-skimmed MILK (94%), sugar, banana juice from concentrate (1%), flavourings, stabilizers (guar gum, carrageenan), vitamin D

Chocolate
Ingredients: Semi-skimmed MILK (94%), sugar, cocoa powder (1.25%), stabilizers (guar gum, carrageenan), natural flavouring, vitamin D

Strawberry
Ingredients: Semi-skimmed MILK (94%), sugar, banana juice from concentrate (1%), flavourings, stabilizers (guar gum, carrageenan), vitamin D



More Information

Milkshakes are a good source of:

Calcium:

- ◇ helps to build strong bones and teeth
- ◇ regulates muscle contractions, including heartbeat
- ◇ ensures blood clots normally

Hidden Nasties to look out for in similar products!

Glucose-fructose syrup, glucose syrup and artificial sweeteners.

Yazoo Milkshake		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	190kj / 46 kcal
Quantity	24 x 200ml bottle	Protein	3.0g
Chocolate Strawberry		Carbohydrates	4.6g
		of which sugars	4.6g
		Fats	1.2g
		of which saturated	0.9g
		Salt	0.1g
Allergens	See ingredients in bold UPPERCASE	Calcium	120mg

Strawberry
Ingredients: lactose reduced semi-skimmed MILK , lactose reduced skimmed MILK , strawberry juice from concentrate (1%), natural flavouring, stabilizer: gellan gum , colour: beta-carotene

Chocolate
Ingredients: lactose reduced semi-skimmed MILK , lactose reduced skimmed MILK , fat reduced cocoa powder (1.2%), stabilisers: cellulose, cellulose gum and carrageenan, natural flavouring



More Information

No added sugar, sweetness comes from milk sugars only.

Milkshakes are a good source of:

Calcium:

- ◇ helps to build strong bones and teeth
- ◇ regulates muscle contractions, including heartbeat
- ◇ ensures blood clots normally

Hidden Nasties to look out for in similar products!

Glucose-fructose syrup, glucose syrup and artificial sweeteners.



Vitamins

Vitamin A

- ◇ helps your immune system to work as it should against infections
- ◇ helps vision in dim light
- ◇ helps keep skin and the linings of some parts of the body, such as the nose, healthy

B Vitamins

B1 - Thiamine

- ◇ works with other B-group vitamins to help break down and release energy from food
- ◇ keeps the nervous system healthy

B2 - Riboflavin

- ◇ keeps skin, eyes and the nervous system healthy
- ◇ helps the body release energy from the food we eat

B3 - Niacin

- ◇ helps to release energy from the foods we eat
- ◇ helps to keep the nervous systems and skin healthy

B5 - Pantothenic Acid

- ◇ helps to release energy from the food we eat

B6 - Pyridoxine

- ◇ allows the body to use and store energy from protein and carbohydrates in food
- ◇ helps to form haemoglobin – the substance in red blood cells that carries oxygen around the body

B9 - Folic Acid

- ◇ works together with vitamin B12 to form healthy red blood cells
- ◇ helps to reduce the risk of central nervous system defects, such as spina bifida, in unborn babies

B12 - Cobalamin

- ◇ helps make red blood cells and keeping the nervous system healthy
- ◇ helps release energy from the food we eat
- ◇ helps process folic acid

Vitamin C

- ◇ helps to protect cells and keeps them healthy
- ◇ is necessary for the maintenance of healthy connective tissue, which gives support and structure for other tissue and organs
- ◇ helps wound healing

Vitamin D

- ◇ keep bones and teeth healthy

Vitamin E

- ◇ helps to maintain healthy skin, eyes and strengthens the immune system

Vitamin K

- ◇ helps wounds to heal properly
- ◇ is needed to help keep bones healthy

Minerals and Trace Elements:

Potassium

- ◇ helps control the balance of fluids in the body
- ◇ helps correct functioning of the heart muscle

Copper

- ◇ helps to produce red and white blood cells, and triggers the release of iron to form haemoglobin – the substance that carries oxygen around the body
- ◇ is thought to be important for infant growth, brain development, the immune system and strong bones

Iron:

- ◇ helps to make red blood cells which carry oxygen around the body.

Calcium

- ◇ helps to build strong bones and teeth
- ◇ regulates muscle contractions, including heartbeat
- ◇ ensures blood clots normally

Zinc

- ◇ helps to make new cells and enzymes
- ◇ helps process carbohydrate, fat and protein in food
- ◇ helps with the healing of wounds

Beta-carotene:

- ◇ is turned into vitamin A in the body, so it can perform the same functions in the body as vitamin A:
- ◇ helps your immune system to work as it should against infections
- ◇ helps vision in dim light
- ◇ helps keep skin and the linings of some parts of the body, such as the nose, healthy

Magnesium

- ◇ helps turn the food we eat into energy
- ◇ helps to make sure the parathyroid glands, which produce hormones that are important for bone health, work normally

Selenium

- ◇ plays an important role in our immune system's function and in reproduction
- ◇ helps to prevent damage to cells and tissues.



Hidden Sugars!

Sugar is found naturally in fruit, vegetables and dairy products - all essential foods for a healthy balanced diet.

What we do need to watch though is how sugar may be hidden in so-called healthy snacks.

The following are some examples of how sugar is hidden:

Sucrose, maltose, dextrose, fructose, glucose, lactose, high fructose corn syrup, glucose solids, cane juice, dehydrated cane juice, cane juice solids, glucose fructose syrup, agave nectar, cane juice crystals, dextrin, maltodextrin, dextrin, dextran, barley malt, beet sugar, corn syrup, corn syrup solids, caramel, buttered syrup, carob syrup, date sugar, malt syrup, golden syrup, sorghum syrup, refiner's syrup, ethyl maltol, maple syrup, coconut palm sugar

There is a lot of controversy surrounding the use of glucose-fructose syrup (also known as high fructose corn syrup, corn syrup) to sweeten food and drink. It is a highly processed sweetener appearing in more and more products. There are suggested links to an increase in diabetes and weight gain. For this reason fruit to suit will not sell products containing glucose-fructose syrup. The School Food Standards also state 'avoid drinks containing sweeteners'

Research:

nhs.uk

nutrition-and-you.com

diabetes.co.uk



Use by and best before dates - what is the difference?

Use By

You will see "use by" dates on food that goes off quickly, such as smoked fish, meat products and ready-prepared salads.

Don't use any food or drink after the end of the "use by" date on the label, even if it looks and smells fine. This is because using it after this date could put your health at risk.

For the "use by" date to be a valid guide, you must follow storage instructions such as "keep in a refrigerator". If you don't follow these instructions, the food will spoil more quickly and you may risk food poisoning.

Once a food with a "use by" date on it has been opened, you also need to follow any instructions such as "eat within three days of opening".

But remember, if the "use by" is tomorrow, then you must use the food by the end of tomorrow, even if the label says "eat within a week of opening" and you have only opened the food today.

If a food can be frozen its life can be extended beyond the "use by" date. But make sure you follow any instructions on the pack, such as "cook from frozen" or "defrost thoroughly before use and use within 24 hours".

"Use by" dates are the most important date to consider, as these relate to food safety.

Best Before

"Best before" dates appear on a wide range of frozen, dried, tinned and other foods.

"Best before" dates are about quality, not safety. When the date is passed, it doesn't mean that the food will be harmful, but it might begin to lose its flavour and texture.

nhs.uk/Livewell

All snacks and drinks from fruit to suit have a **Best Before** date which means they may still be edible after the best before date has passed. Before you bin any snacks and drinks, show them to your supervisor. If they look and taste okay, it's safe to sell them.