

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

fruit to suit's own products are processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.

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.**

Recycling Information

Each page gives information on the packaging, indicating whether they are:
Some information is missing but the document will be updated as soon as the information becomes available.

Recyclable



Non-recyclable



TerraCycle



Index

Snacks

1. Apple Bites
2. Assorted Raisins
3. Chopped Apricots
4. Fruits of the Vine
5. Mango, Apple and Apricot
6. Pear and Raisin
7. Popcorn
8. Fruit Crisps
9. Fruit Pots
10. Jelly Squeeze
11. Apricot Crunchies
12. Spicy Noodles
13. Yoghurt Raisins and Raisins
14. Humzingers
15. Get Fruity Bars
16. Perry Court Fruit Bars

Drinks

17. Aquaj Juice Cartons
18. Hydra Fizz
19. Juicy Water
20. Pure Juice Cartons
21. Pure Juice Shots
22. The Smoothie
23. Viva Milkshakes
24. Yazoo Milkshakes

Important Information

25. Vitamins
26. Minerals
27. Hidden Sugars
28. Best Before Dates

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
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		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

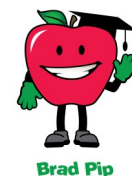
- ◇ helps to maintain healthy skin, eyes and strengthens the immune system

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



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		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



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		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.

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



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		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

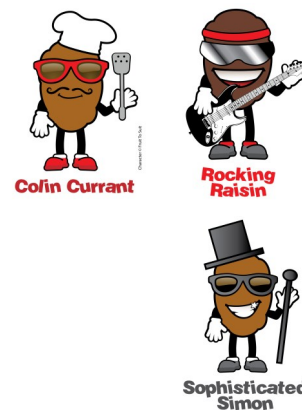
- ◇ helps to build strong bones and teeth
- ◇ regulates muscle contractions, including heartbeat
- ◇ ensures blood clots normally

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.

Hidden Nasties to look out for in similar products! Glucose syrup, palm oil



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Allergens	See ingredients in bold UPPERCASE	Fats	0.4
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		of which saturated	0.04
		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.



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		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

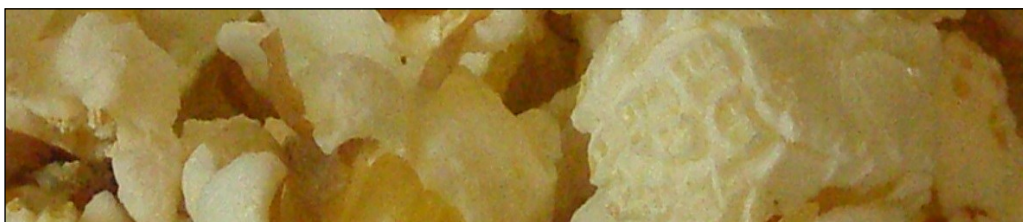
- ◊ helps to produce red and white blood cells, and triggers the release of iron to form haemoglobin – the substance that carries oxygen around the body.
- ◊ is thought to be important for infant growth, brain development, the immune system and strong bones.



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		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

Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

Fruit Crisps	
Meet School Food Standards	
Sweet Apple Pear	
Quantity	24 x 20gm
Product of	United Kingdom
Ingredients	100% home grown fruit
Allergens	See ingredients in bold UPPERCASE

Typical Nutritional Information per 100gm	
Energy	1445 kj / 342 kcal
Protein	1.50
Carbohydrates	75.6
of which sugars	55.0
Fats	0.6
of which saturated	0.08
Fibre	14.2
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.

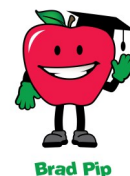
Vitamin E

- ◊ 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.



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Mandarin Peach and Pear Pineapple		Carbohydrates	15.4
		of which sugars	14.0
Product of	Various	Fats	0.1
		of which saturated	trace
Allergens	See ingredients in bold UPPERCASE	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.

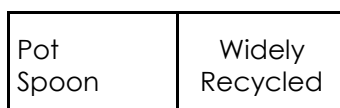
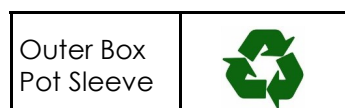
A lovely way to introduce new fruits to children - peach, pear and pineapple.

Hidden Nasties to look out for in similar products!

Added sugar, syrup, sweeteners



Recycling Information



JellySqueeze		Typical Nutritional Information per 100gm	
Meet School Food Standards		Energy	343 kj / 81 kcal
Quantity	16 x 95g	Protein	0.0
Apple & Blackcurrant Orange Strawberry		Carbohydrates	20.2
		of which sugars	19.5
Allergens	See ingredients in bold UPPERCASE	Fats	0.0
		Fibre	0.0
		Salt	0.1

Apple & Blackcurrant	Orange	Strawberry
Ingredients: Apple juice from concentrate, gelling agents (carrageenan, locust bean gum), apple & blackcurrant flavouring, acidity regulators (citric acid, malic acid, sodium citrate, potassium citrate), natural colour (anthocyanin)	Ingredients: Apple juice from concentrate, gelling agents (carrageenan, locust bean gum), orange flavouring, acidity regulators (citric acid, malic acid, sodium citrate, potassium citrate), natural colour (capsanthin)	Ingredients: Apple juice from concentrate, gelling agents (carrageenan, locust bean gum), strawberry flavouring, acidity regulators (citric acid, malic acid, sodium citrate, potassium citrate), natural colour (anthocyanin, beta-carotene)



More Information

JellySqueeze is made of real fruit juice. Contains no artificial colours, no preservatives and no added sugar or artificial sweeteners.

Hidden Nasties to look out for in similar products!

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

Recycling Information

Outer Box		Pouch		Pouch Top	
-----------	---	-------	---	-----------	---

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
Allergens	See ingredients in bold UPPERCASE	Fats	12.7
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		of which saturated	11.26
		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.



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		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.

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



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

Sesame seeds are also a good source of:

Calcium:

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

Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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
Allergens	See ingredients in bold UPPERCASE	Fats	35.8
Processed where PEANUTS, NUTS, SESAME SEEDS, GLUTEN, MILK, SOYA, SULPHITES, EGG, CELERY & MUSTARD are also handled.		of which saturated	6.07
		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.



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

Humzingers		Typical Nutritional Information per 100gm	
Do Not Meet School Food Standards		Energy	1272 kj / 300 kcal
Quantity	10 x 13gm	Protein	1.6
Raspberry		Carbohydrates	68.6
Strawberry		of which sugars	52.7
Allergens	See ingredients in bold UPPERCASE	Fats	0.45
To reduce stickiness, bars are slightly dusted with white starch.		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.

Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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%)
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%)
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%)



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.

Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

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		Carbohydrates	71.5
		of which sugars	57.9
		Fats	0.5
		of which saturated	0.2
		Fibre	13.9
Allergens	see ingredients in bold UPPERCASE	Salt	0.04

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






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.

Recycling Information

Outer Wrapper		Outer Box		Wrapper	
---------------	---	-----------	---	---------	---

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



Recycling Information

Outer Box		Wrapper	
-----------	---	---------	---

Aquajuce Cartons		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	99 kj / 23 kcal
Quantity	27 x 200ml carton	Protein	negligible
Apple Forest Fruits Orange		Carbohydrates	5.7g
Allergens	See ingredients in bold UPPERCASE	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

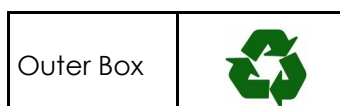
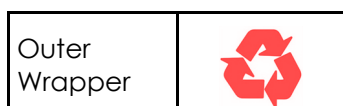
No added sugar, artificial sweeteners, flavourings or colouring.

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!)

Recycling Information



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		Carbohydrates	5.7
Allergens		of which sugars	5.0
		Fats	0.4
		of which saturated	0.2
		Fibre	0.6
		Salt	<0.1
See ingredients in bold UPPERCASE			

Apple Crush	Berry Medley
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
Fruit Smash	Tropical Twist
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	Ingredients: Fruit juices from concentrate (50%) (white grape, apple, peach, lemon), carbonated spring water, natural flavourings, natural colourings: beta carotene, 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)

Recycling Information

Outer Wrapper		Bottle		Bottle Top	
---------------	---	--------	---	------------	---

Juicy Water		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	111 kJ / 27 kcal
Quantity	24 x 200ml carton	Protein	0.1g
Apple Orange & Pineapple Raspberry & Apple		Carbohydrates	6.3g
Allergens		of which sugars	6.3g
		Fats	0.1g
		Fibre	trace
		Sodium	trace
		See ingredients in bold UPPERCASE	
Apple		Orange & Pineapple	
Ingredients: Apple juice* 75%, water 25% (*from concentrate)		Ingredients: Orange juice 37.5%, pineapple juice* 37.5%, water 25%	
		Raspberry & Apple	
		Ingredients: Grape juice 38%, apple juice* 25%, water 25%, raspberry juice* 12%, lemon juice*	



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!)

Recycling Information

Outer Wrapper	Awaiting further information from supplier	Outer Box		Carton Straw Straw Sleeve	Awaiting further information from supplier
---------------	--	-----------	---	---------------------------	--

Pure Juice Shots		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	202 kJ / 47 kcal
Quantity	96 x 85ml cuplet	Protein	negligible
Apple Orange		Carbohydrates	11.2g
		of which sugars	11.2g
Allergens	See ingredients in bold UPPERCASE	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

Recycling Information

Outer Box		Cuplet		Cuplet Top	
-----------	--	--------	--	------------	--

Pure Juice Cartons		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	202 kJ / 47 kcal
Quantity	27 x 150ml carton	Protein	negligible
Apple Orange		Carbohydrates	11.2g
		of which sugars	11.2g
Allergens	See ingredients in bold UPPERCASE	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

Recycling Information

Outer Wrapper		Outer Box		Carton	
---------------	--	-----------	--	--------	--

The Smoothie		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	226 kJ / 54 kcal
Quantity	27 x 200ml carton	Protein	0.6g
Orange & Mango Strawberry & Banana		Carbohydrates	11.7g
		of which sugars	11.7g
		Fats	0.2g
		of which saturates	trace
		Fibre	trace
Allergens	See ingredients in bold UPPERCASE	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.

Recycling Information

Outer Wrapper	Awaiting further information from supplier	Outer Box		Carton	Awaiting further information from supplier
---------------	--	-----------	--	--------	--

Viva Milk Drinks		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	236kj / 56 kcal
Quantity	27 x 200ml carton	Protein	3.4g
Banana Chocolate Strawberry		Carbohydrates	6.9g
		of which sugars	6.9g
		Fats	1.6g
		of which saturated	1.1g
		Fibre	Nil
Allergens	See ingredients in bold UPPERCASE	Sodium	0.1g

Banana	Chocolate	Strawberry
Ingredients: Semi-skimmed MILK (96%), sugar, banana juice from concentrate (1%), flavourings, stabilizers (guar gum, carrageenan), vitamin D	Ingredients: Semi-skimmed MILK (96%), sugar, cocoa powder (1.25%), stabilizers (guar gum, carrageenan), natural flavouring, vitamin D	Ingredients: Semi-skimmed MILK (96%), sugar, banana juice from concentrate (1%), flavourings, stabilizers (guar gum, carrageenan), natural flavourings, vitamin D



More Information

Now with 30% less sugar!!

Flavoured milk drinks are a good source of:

Calcium:

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

Recycling Information

Outer Wrapper		Outer Box		Carton Straw	
				Straw Sleeve	

Yazoo Milk Drink		Typical Nutritional Information per 100ml	
Meet School Food Standards		Energy	190kj / 46 kcal
Quantity	30 x 200ml carton	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
Chocolate		Strawberry	
Ingredients: lactose reduced semi-skimmed MILK , lactose reduced skimmed MILK , fat reduced cocoa powder (1.2%), stabilisers: cellulose, cellulose gum and carrageenan, natural flavouring		Ingredients: lactose reduced semi-skimmed MILK , lactose reduced skimmed MILK , strawberry juice from concentrate (1%), natural flavouring, stabilizer: gellan gum, colour: beta-carotene	



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.

Recycling Information

Outer Wrapper	New product. Awaiting further information from supplier	Outer Box	New product. Awaiting further information from supplier	Carton	New product. Awaiting further information from supplier
---------------	---	-----------	---	--------	---

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 throw away any snacks or drinks, show them to your supervisor. If they look and taste okay, it's safe to sell them.