

# NSBP BEST PRACTICE TEMPLATE

## School Food Standards and Drinks

Providing children with the right drink at breakfast time is just as important as giving them healthy food to eat, and it can add essential vitamins and minerals, such as calcium, to their diet.

Popular sugary drinks such as fizzy soda and squash provide no nutritional benefits, but do add excess calories. So what should a child have to drink at breakfast time?

We have put together a quick guide to the drinks that can be offered to schoolchildren with breakfast under the government's School Food Standards:

### Do's

Free, fresh drinking water should always be available at breakfast every day. If you wish to offer additional drinks please note:

- Water, lower fat milk and a small portion of diluted 100% fresh juice are the main drinks of choice for breakfast.
- Plain soya, rice or oat drinks enriched with calcium are fine as milk alternatives.

### Don'ts

- Squash (including 'no added sugar') and cordials are not allowed.

### Proceed with Caution!

- 'Combination' drinks of fruit juice and milk/yoghurt are allowed but there are restrictions. Please ask for advice from your NSBP School Partner or see [schoolfoodplan.com](http://schoolfoodplan.com)
- Tea, coffee or hot chocolate can be served, but we don't recommend coffee for primary age children. Hot chocolate needs to be a lower sugar brand.
- Please note lower fat milk must be provided to all children at least once during the school day. Breakfast counts, but it does still need to be offered at another time if not all children access breakfast.