



Bairns Nutrition Standards



This cheat sheet is to be used in conjunction with the full resource where the sample menu can also be found.

These are the minimum guidelines that need to be met when using our funding.

Key:

- Meets the standards/ what we recommend - serve these foods
- Complies 80% and is okay to provide
- Does not comply with the standards (avoid/rarely)

Fruit & Vegetables

Fruit or Vegetables offered every time food is offered (Breakfast, Lunch, Snack). Try to have a variety throughout the week.

Offer dried fruit less often and with food. Fruit juice and smoothies do not count as fruit snacks.

Bread

Any bread that has 3g fibre per 100g.

50/50 bread, Wholemeal bread, rolls, wraps or own brand white wraps, pittas. Own brand white rolls. Hovis and Warburtons white bread. Brioche Bread or rolls.

Drinks

Water, Milk, No added sugar milkshake mix.

No added Sugar flavoured water, No added sugar diluting juice.

No Fizzy juice (sugar free or full sugar). No Quenchie cups, Pre made smoothies or milkshakes.

Breakfast

Please refer to the sample weekly menu of an ideal weekly breakfast to offer.

Cereals- Rice Krispies, Weetabix, Shreddies Plain Porridge.

Pastries only 2 times a week. No Fruit juice on offer at breakfast. No adding honey or sugar into cereal.

Fillings

The more variety of sandwich fillings throughout the week the better.

Roast chicken, Turkey, Low fat cream cheese, Tuna in spring water, light and low fat spreads and dressings.

Tuna in brine, Chocolate spreads, no more than 4 x slices of ham per week.

Please refer to sample menu.

Yoghurts & Dairy

You can find brands and ones that are fully compliant in the main standards document.

Natural yoghurt, fromage frais, light fat free yoghurts.

No confectionary on or in these products (Jam, Chocolate).

Savoury snacks

Limit these throughout the week.

Popcorn (plain, lightly salted, sweet), Puft & popped crisps, Snack a jack's, breadsticks, oatcakes.

Walkers french fries, Hula hoops original, sweet chilli Sunbites.

Most other crisps DO NOT COMPLY (See Standards document for more info).

Sweet snacks

Limit these throughout the day and week

Please look at the sample menu and the easy list of sweet snacks that meet the standard.

Sreen products, scotch pancakes, shortbread finger, sugar free jelly,regal Madeira cake slices.

Shopping List - For Weekly Example Menu

For 20 kids over 5 days (Breakfast, Lunch, Afternoon Snack)
total cost - £240 (Tesco)

Fruit and Vegetables
40 - Apples
60 - Oranges
40 - Bananas
2- Large Watermelons
4- Honeydew Melons
20 - Kiwi
10 punnets -Grapes
20 - Plums
10 - Cucumbers
3kg - Carrots

Breads, Cereals, Pastries
20- Rolls
40- Wraps
5 Loaves of Bread
40 Croissants/ Pain au Chocolat
4 Boxes (375g)- breakfast cereals

Meats
40 Slices- Ham
10 Tins - Tuna
10 - Chicken Breasts

Dairy
100 - Yoghurts
8 (2L) - Milk
2 (400g) - Cheese
4/5 - Low fat soft cheese spread

Snacks
20 - Popchips
20 - Hula Hoop Pufts
20 - Soreen bars
20 -Sugar free jelly
20 - Shortbread fingers
20- Scotch pancakes
20 - Cereal Bars
4 Boxes - Breadsticks
10 - Dips

Condiments & Extras
2/3- Light Mayonnaise (500ml)
2- Butter/spread (400g)
1- Black pepper (70g)

Drinks
100- Flavoured Water
5- Crusha no added sugar milkshake mix