

Updated June 2014

A list and definition of drinks permitted in schools in England

Interpreting Statutory Instrument 2014 No. 1603 The Requirements for School Food Regulations 2014 and come into force on 1st January 2015 www.legislation.gov.uk/ukxi/2014/1603/pdfs/ukxi_20141603_en.pdf

Plain drinks

Drink category	Description	Portion size	Volume	Preservatives	Antioxidants added to prevent oxidation/ discolouration	Stabilisers	Flavourings	Colourings	Others	Sugars or honey (added for the purpose of sweetening)	Artificial sweeteners	Fortificants (added minerals and vitamins for the purpose of fortification)
Water (still or carbonated)	Water	No regulation	100% water	No	No	No	No	No	No	No	No	No
Lower fat milk (or lactose reduced)	Milk with a fat content of not more than 1.8% ¹ (unsweetened unflavoured)	No regulation	100% milk	No	No	No	No	No	No	No	No	No
Plain (unsweetened unflavoured) soya, rice or oat drink	Plain (unsweetened, unflavoured) soya, rice or oat drink enriched with calcium	No regulation	No regulation	No	Yes ²	Yes ²	No	No	Yes ²	No	No	Yes (calcium)
Plain fermented milk drinks	Plain fermented milk e.g. yoghurt drink	No regulation	100% yoghurt	No	No	No	No	No	No	No	No	No

¹ SI 2008 No. 1317 Food, England The Drinking Milk (England) Regulations 2008: www.opsi.gov.uk/si/si2008/ukxi_20081317_en_1

² This type of drink is classified as a 'processed food not covered by categories 1-17 excluding foods for infants and young children' and falls under category 18 in Annex II of Regulation (EC) No 1333/2008 on food additives where specified additives are permitted.

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Fruit juice or vegetable juice	Fruit juice ³ (unsweetened/ not fortified) Fruit juice ³ from concentrate (unsweetened not fortified)	Maximum 150mls	100% fruit or vegetable juice	No	Yes as permitted in Regulation (EC) No 1333/2008 on food additives ⁴ detailed below. All fruit juices: E300 ascorbic acid E330 citric acid; Pineapple juice: E296 malic acid Grape juice: E170 calcium carbonate and E336 potassium tartrates	Yes as permitted in Regulation (EC) No 1333/2008 on food additives ⁴ detailed below. Passion fruit juice Pineapple juice: E440 pectins	No	No	Yes as permitted in Regulation (EC) No 1333/2008 on food additives ⁴ detailed below. Pineapple juice: E900 dimethyl-polysiloxane	No	No	No

³ 2013 SI No. 2775 The Fruit Juices and Fruit Nectars (England) Regulations 2013
www.legislation.gov.uk/ukxi/2013/2775/pdfs/ukxi_20132775_en.pdf

⁴ Annex II Food Category 14.1.2 'Fruit juices as defined by Directive 2001/112/EC and vegetable juices'. This is enforced in England by The Food Additives, Flavourings, Enzymes and Extraction Solvents (England) Regulations 2013 www.legislation.gov.uk/ukxi/2013/2210/contents/made

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Combination drinks												
Drink category	Description	Portion size	Volume	Preservatives	Antioxidants added to prevent oxidation/ discolouration	Stabilisers	Flavourings	Colourings	Others	Sugars or honey (added for the purpose of sweetening)	Artificial sweeteners	Fortificants (added minerals and vitamins for the purpose of fortification)
Fruit or vegetable juice combined with water (still or carbonated)	Combination of fruit juice and water (still or carbonated)	Maximum amount of fruit and vegetable juice 150mls Maximum portion size 330mls	≥45% fruit or vegetable juice							No	Yes ² also applies	Yes
Fruit or vegetable juice and: milk (low fat or lactose reduced) or plain fermented milk drink e.g. yoghurt or plain soya, rice or oat drink	Combinations of fruit or vegetable juice and: milk (low fat or lactose reduced) or plain fermented milk drink e.g. yoghurt or plain soya, rice or oat-based drink with or without plain water (still or carbonated)	Maximum amount of fruit and vegetable juice 150mls Maximum portion size 330mls	≥50% milk (low fat or lactose reduced), plain fermented milk drink, or plain soya, rice or oat-based drink							Yes <5% added sugar or honey to the milk component of the drink	Yes ² also applies	Yes

² This type of drink is classified as a 'processed food not covered by categories 1-17 excluding foods for infants and young children' and falls under category 18 in Annex II of Regulation (EC) No 1333/2008 on food additives where specified additives are permitted.

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Combination drinks												
Drink category	Description	Portion size	Volume	Preservatives	Antioxidants added to prevent oxidation/ discolouration	Stabilisers	Flavourings	Colourings	Others	Sugars or honey (added for the purpose of sweetening)	Artificial sweeteners	Fortificants (added minerals and vitamins for the purpose of fortification)
Cocoa and: milk (low fat or lactose reduced) or plain fermented milk drink e.g. yoghurt or plain soya, rice or oat drink	Combinations of cocoa and: milk (low fat or lactose reduced) or plain fermented milk drink e.g. yoghurt or plain soya, rice or oat drink with or without plain water (still or carbonated)	Maximum 330mls	≥50% milk (low fat or lactose reduced), plain fermented milk, or plain soya, rice or oat drink		This type of combination drink is classified as a 'non-alcoholic flavoured drink' under EU law and is allowed to contain the additives and flavourings as specified by Regulation (EC) No 1333/2008 on food additives and Regulation (EC) No 1334/2008 on flavourings. ²					Yes <5% added sugar or honey to the milk component of the drink	Yes ² also applies	Yes
Flavoured milk	Flavoured milk (low fat or lactose-reduced) containing not less than 90% milk by volume or plain soya, rice or oat drink	Maximum 330mls	≥90% milk (low fat or lactose reduced) or plain soya, rice or oat drink		This type of combination drink is classified as a 'non-alcoholic flavoured drink' under EU law and is allowed to contain the additives and flavourings as specified by Regulation (EC) No 1333/2008 on food additives and Regulation (EC) No 1334/2008 on flavourings. ²					Yes <5% added sugar or honey to the milk component of the drink	Yes ² also applies	Yes

² This type of drink is classified as a 'processed food not covered by categories 1-17 excluding foods for infants and young children' and falls under category 18 in Annex II of Regulation (EC) No 1333/2008 on food additives where specified additives are permitted.