

**Welsh Government Document that outlines what drinks that can and cannot be consumed in school.**

**Primary Schools**

Drinks that <b><u>are permitted</u></b> in primary schools *At meal times only, not break times **Rice milk is not recommended for pupils under five years old	Drinks that are <b><u>not permitted</u></b> in primary schools
<ul style="list-style-type: none"> <li>✓ <b>Plain water</b> – still or carbonated.</li> <li>✓ <b>Plain milk</b> – semi skimmed or skimmed.</li> <li>✓ <b>Fruit juice*</b> - still or carbonated</li> <li>✓ <b>Vegetable juice*</b> - still or carbonated.</li> <li>✓ <b>Plain soya, plain rice** or plain oat drinks.</b></li> <li>✓ <b>Fruit juice with water*</b> - still or carbonated.</li> <li>✓ <b>Blended drinks*</b> - a drink made singly or in combination with a blend or puree of fruit, vegetables, fruit or vegetable juice.</li> </ul>	<ul style="list-style-type: none"> <li>χ <b>Squash</b> of any kind, including sugar free squash.</li> <li>χ <b>Flavoured waters</b> including sugar free flavoured water.</li> <li>χ <b>Sports or energy drinks.</b></li> <li>χ <b>Fizzy soft drinks including diet or sugar free fizzy drinks</b>, e.g. cola, lemonade.</li> <li>χ <b>Fruit juice or vegetable juice combined with plain milk or plain yoghurt</b> (dairy smoothies).</li> <li>χ <b>Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks.</b></li> <li>χ <b>Flavoured milk, yoghurt or soya, rice or oat drinks.</b></li> <li>χ <b>Tea or coffee.</b></li> <li>χ <b>Hot chocolate.</b></li> </ul>