

Breakfast Guide

This guide is intended to support your school to ensure food provided at breakfast club aligns with the Guernsey School Food Standards.

Portion size information can be found [here](#).

Cereals

- The best options are porridge, wheatabix and Shredded Wheat. These are low in sugar and high in fibre
- Avoid adding honey or jam as these are high in sugar. Instead offer chopped fresh fruit
- If providing other cereals, the sugar content per 100g must be less than 22.5g
- Good to know: retail 'own brands' are often cheaper

Toast

- Wholemeal bread should be provided as an option
- Flora Light is the best 'butter' option for low levels of saturated fat
- Avoid spreads, including jam, as these are often very high in sugar

Fruit

- Fresh fruit should always be provided

Drink

- Fresh water should be readily available
- 200ml semi-skimmed (Guernsey blue carton) milk may be offered per child if not already had in their cereal

Yoghurt

- If you wish to provide yoghurt, this should be plain, natural or Greek yoghurt as these do not have added sugars
- Low-fat options are preferable

If your school has reservations about introducing changes, the Health Improvement Commission can support. For example, through phased approaches and trial funding.