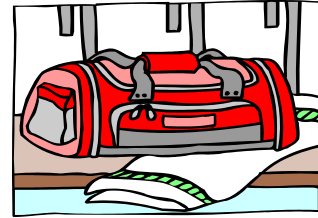


KIT BAG SNACKS FACT SHEET



- Crackers/Oatcakes/Rice Cakes with jam
- Dried fruit e.g. raisings, apricots
- Fruit cake, scones, muffins, currant buns, teacakes, crumpets, Swiss roll, iced buns, malt loaf
- Sandwiches/Pittas/Bagels with low fat fillings
- Fresh fruit, tinned fruit, fruit juices, blackcurrant drink
- Biscuits e.g. cereal bars, fig rolls, Jaffa cakes, Garibaldi, ginger nuts
- Sweets e.g. jelly beans, jelly babies, fruit gums, fruit pastilles, marshmallows
- Low fat yoghurts and fromage frais
- Popcorn
- Sports Drinks/ Isotonic drinks e.g. Lucozade Sport, Isostar, Powerade
- Low fat milk shakes/fruit smoothies
- Porridge snack pots
- Uncle bens rice pots
- Dolmino pasta sachets
- Small packets of cereal
- Squash or dried sports drink

