

Nutritional guidance for food provision during COVID-19

Guidance

This guide has been developed to inform and advise staff and volunteers purchasing food for emergency and sustained food provision, &/or who are organising and assembling food boxes/packages for distribution to vulnerable local residents. Please read and consider the basic principals, dietary advice, purchasing and health and safety advice set out below.

The guide has been created based on the dietary needs of the average adult. Some variations and allowances should be made, for example, for households with very young children who will likely not require the same quantity of food as an adult.

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Key principles - the basics	Food boxes need to reflect the 'Eatwell Guide' and be based around starchy carbohydrates, fruit and vegetables	NHS Eatwell Guide
	Each food group (fruit & vegetables, starchy carbohydrates, protein, dairy) should be included in each box	
	Where possible boxes should contain a variety of each of the major food groups, as well as be varied from week to week	
	Foods high in fat, salt and sugar (HFSS) should only be included in small amounts. This includes, biscuits, cakes, chocolate, sweet and savoury pies etc.	
Dietary and allergy advice	Specialist boxes need to be provided for residents with medically diagnosed dietary conditions e.g. gluten free boxes for residents with Coeliac Disease	
	Ensure that products are Gluten Free or Dairy Free - explicitly stated on packaging e.g. gluten free bread and pasta	
	Please ensure that throughout Ramadan (23rd April - 30th May) dried dates are included in all boxes	
	Consideration must be paid to requests for lifestyle and religious dietary requirements e.g. vegan, Halal diets	
Children and families	Families with child aged under 2 should have the option of full fat milk	
	Rice milk is not recommended for children under 5 years, so should not be offered to this age group	
Principals when purchasing food	Always choose products lower in fat, sugar and salt. Such as tinned fruit in fruit juice (not syrup), semi-skimmed milk etc.	
	Dairy alternative milk should be fortified with calcium and vitamin D (at least 120mg/100ml for calcium)	
	Long expiry dates should be explicitly requested for perishable foods	
Health and safety considerations	Items provided must never have exceeded their 'use by' or 'best before' dates	
	Advice should be provided on storage and cooking of chilled and frozen foods	

Ensuring there are meals in every box

It is important that vulnerable residents are not only provided with healthy, nutritious food, which will not act to increase health inequalities, but are also given food with which they are able to easily and quickly create nutritious meals. Always providing residents with key ingredients for two (or more) meals which can easily be adapted to enable both variety and use of available ingredients.

Many residents receiving support will not be used to / have the confidence to cook healthy meals from scratch. Two simple recipes which the majority of residents would be able to prepare are presented below. These recipes are flexible, to enable use of a variety of ingredients, as well as being appropriate for all of the dietary groups currently considered in this document.

Items to be included in every box, to enable residents receiving boxes to easily create the simple meals below

Tinned tomatoes	Vegetables: fresh	Fruit: fresh or tinned	Milk / milk alternatives
Onions	Stock cubes	Bread	Protein sources
Garlic	vegetable oil	Pasta or Rice	Breakfast cereal / oats

Basic tomato sauce recipe

	Add if available	Method	How to use	Storage
Vegetable oil	tomato puree	Heat the oil in a large saucepan, Add the onions and cook on a low heat until soft	Stirred through cooked pasta - top with grated cheese if liked	The basic sauce once cooled can be stored in a clean container in the fridge for 3-4 days (or up to a week in sterilised jars)
tinned tomatoes	Herbs and spices oregano or basil	Add the garlic and tomato purée (if available)	Add any one of: chickpeas, cooked chicken, cooked tofu, tinned tuna and serve with cooked rice, pasta or potatoes	
Finely chopped onion and / or garlic	grated courgette and / or carrot	Cook for a few minutes then add the chopped tomatoes and herbs	Pour over any fresh fish and bake in a hot oven until the fish is cooked	
Salt and pepper		Season generously and simmer for 20 or 30 mins	Serve with a portion of cooked vegetable such as carrots, peas broccoli or raw salad vegetable such as cucumber, lettuce and peppers	

Basic stir-fry

	Add if available	Method	How to use	Storage
Vegetable oil	sliced meat such as chicken or bacon	Heat the oil in a large saucepan	Serve with rice, noodles or pasta	Once cooled a stir-fry can be stored in a clean container in the fridge for up to two days
Finely chopped onion and / or garlic	Tofu or Quorn	Add the onions and cook on a low heat until soft	Top with a hardboiled or poached egg	
Thinly sliced vegetables in any combination, such as: carrots, courgettes, peppers, broccoli, sweet potatoes, butternut squash, defrosted frozen peas	Tinned chickpeas, lentils or beans (not baked beans)	Add the garlic and thinly sliced vegetables and cook until the vegetables are soft		
2-4tsp Soy Sauce or 100ml stock made from a stock cube		If using meat / tofu / beans: remove the vegetables from the pan to another dish, add a little more oil and cook the meat until cooked through		
		Return the vegetables to the pan and add either soy sauce or the stock, simmer for 1-2 minutes.		

Standard diet

This list of foods provides for the considerations of the major food groups and basic volumes required for an average adult consuming a varied and balanced diet.

Perishable items that will ideally require 'cool' storage	Food items that must be stored in a fridge (below 5 degree centigrade)	Food items that must be stored in a freezer (below -18 degrees centigrade)	Non-perishable items	Items that should appear in every box where possible		
	Basic guidance	Types of food for one week	Example amounts based on household size			
			Single person (21 meals)	Two people (42 meals)	Family of four (84 meals)	Family of six (126 meals)
Fruit	One portion of fresh fruit and one portion of tinned / frozen per person per day	Fresh fruit: apples, pears, bananas, oranges, satsumas(x2), dried dates	7x items	14x items	28x items	42x items
		Plus tinned fruit such as peaches, mandarin segments, pineapple	2x 400g tin	4x 400g tin	2x 800g tin	3x 800g tin
		Or frozen fruit such as mixed berries	1x bag	1x bag	2x bag	3x bag
Vegetables	Two to three portions of vegetables per person per day (excluding onions and potatoes)	Fresh vegetables: large head of broccoli, 6-8x carrots, 3-4x large peppers, 1x large lettuce, 6x tomatoes, 1x cucumber, 1x cabbage, 2x aubergine, spinach	2 - 3 items	4 - 6 items	8 - 10 items	12 - 14 items
		plus tinned or jarred vegetables such as sweetcorn, peas, vegetable medly, tomato puree, tinned tomatoes	3x 440g tin	6x 440g tin	6x 880g tin	8x 880g tin
		or frozen vegetables such as peas, carrots, vegetable medly, sweetcorn	1x bag	2x small bags	2x bag	3x bag
Starchy carbohydrates	Meals should be based around starchy carbohydrates	Bread	1x loaf	2x loaf	4x loaf	6x loaf
		Plus breakfast cereal (cornflakes, shedded wheat, wheat biscuits) or oats	1x 500g	1x 500g	2x 500g	3x 500g
		Plus rice, pasta, couscous, noodles or potatoes	2x 500g	4x 500g	4x 1kg (8x 500g)	6x 1kg (12x 500g)
Dairy	At least two dairy products should be included in every box where available, low fat where possible	Semi skimmed milk fresh or long-life (UHT)	1x 2 litres	2x 2 litres	4x 2 litres (where possible 1x 2 litres should be whole milk)	6x 2 litres (where possible 1x 2 litres should be whole milk)
		Plus cheddar cheese	1x 350g	1x 500g	2x 500g	3x 500g
		and / or plain yogurts	1x pack of 4	2x pack of 4	4x pack of 4	6x pack of 4
Protein	Include tinned fish and plant based protein	plus tinned fish such as tuna, sardines	2x tin	4x tin	8x tin	12x tin
		plus tinned beans and pulses (including baked beans)	2x tin	4x tin	8x tin	12x tin
		plus eggs	1x 6	1x 6	1x 12	1x 18
		plus dried red or green lentils	1x 250g	1x 250g	1x 500g	1x 500g
Essential additional items	Include fresh	Onions	4x	6x	10x	12x
		Garlic	1x head	1x head	1-2x head	2x head
	Include dried	Tea	1x box 24	1x small box	1x small box	1x small box
		Coffee	1x small jar	1x small jar	1 jar	1 jar
		Salt	1x small packet	1x small packet	1x small packet	1x small packet
		Pepper	1x small packet	1x small packet	1x small packet	1x small packet
		Dried herbs (mixed herbs, oregano)	1x jar	1x jar	1x jar	1x jar
		Dried spices (chilli flakes, mixed spice)	1x jar	1x jar	1x jar	1x jar
		Stock cubes (veg, chicken)	1x packet	1x packet	2x packet	2x packet
		Vegetable spread	1x 250g tub	1x 500g tub	2x 500g tub	2x 500g tub
Possible additional items	Items high in salt, sugar and fat should be included only in small amounts	Vegetable oil	1x small bottle	1x small bottle	1x small bottle	1x small bottle
		Biscuits	1 packet	1 packet	2 packets	3 packets
		Fruit juice	1 litre	1 litre	2 litre	2 litre
		Jam or honey	1 jar	1 jar	2 jars	2 jars

Vegetarian / Halal diets

This list of foods provides for the considerations of the major food groups and basic volumes required for an average adult consuming a varied vegetarian diet. Due to the possible issues with procuring Halal meat a vegetarian box should also be provided for those requesting Halal.

Perishable items that will ideally require 'cool' storage	Food items that must be stored in a fridge (below 5 degree centigrade)	Food items that must be stored in a freezer (below -18 degrees centigrade)	Non-perishable items	Items that should appear in every box where possible		
	Basic guidance	Types of food	Example amounts based on household size			
			Single person (21 meals)	Two people (42 meals)	Family of four (84 meals)	Family of six (126 meals)
Fruit	One portion of fresh fruit and one portion of tinned / frozen per person per day	Fresh fruit: apples, pears, bananas, oranges, satsumas(x2)	7x items	14x items	28x items	42x items
	Through April and May please include dates - essential throughout Ramadan	Dates	1x box	1x box	2x box	2x box
		Plus tinned fruit such as peaches, mandarin segments, pineapple	2x 400g tin	4x 400g tin	2x 800g tin	3x 800g tin
		Or frozen fruit such as mixed berries	1x bag	1x bag	2x bag	3x bag
Vegetables	Two to three portions of vegetables per person per day (excluding onions and potatoes)	Fresh vegetables: large head of broccoli, 6x carrots, 3x large peppers, 1x lettuce, 6x tomatoes, 1x cucumber, 1x cabbage, 2x aubergine	2 - 3 items	4 - 6 items	8 - 10 items	12 - 14 items
		plus tinned or jared vegetables such as tomato puree, sweetcorn, peas, tinned tomatoes	3x 440g tin	6x 440g tin	6x 880g tin	8x 880g tin
		or frozen vegetables such as peas, carrots, sweetcorn, vegetable medly	1x bag	2x small bags	2x bag	3x bag
		Bread	1x loaf	2x loaf	4x loaf	6x loaf
Starchy carbohydrates	Meals should be based around starchy carbohydrates	Plus breakfast cereal (cornflakes, shedded wheat, wheat biscuits) or oats	1x 500g	1x 500g	2x 500g	3x 500g
		Plus potatoes, noodles, couscous, rice or pasta	2x 500g	4x 500g	4x 1kg (8x 500g)	6x 1kg (12x 500g)
Dairy	At least two different dairy products should be included in every box where available, low fat where possible	Semi skimmed milk fresh or long-life (UHT)	1x 2 litres	2x 2 litres	4x 2 litres (where possible 1x 2 litres should be whole milk)	6x 2 litres (where possible 1x 2 litres should be whole milk)
		Plus vegetarian eddar cheese and / or fruit / pain yogurts	1x 350g	1x 500g	2x 500g	3x 500g
			1x pack of 4	2x pack of 4	4x pack of 4	6x pack of 4
Protein	Include eggs and plant based protein	Eggs box of 6 plus dried red orgreen lentils	2x item	4x item	8x item	12x item
		plus tinned beans and pulses (including bakedbeans)	4x tin	8x tin	16x tin	24x tin
Essential additional items	Include fresh	Onion	4x	6x	10x	12x
		Garlic	1x head	1x head	1-2x head	2x head
	Include dried	Tea	1x box 24	1x small box	1x box	1x box
		Coffee	1x small jar	1x small jar	1 jar	1 jar
		Salt	1x small packet	1x small packet	1x small packet	1x small packet
		Pepper	1x small packet	1x small packet	1x small packet	1x small packet
		Dried herbs (mixed herbs, oregano)	1x jar	1x jar	1x jar	1x jar
		Dried spices (chilli flakes, mixed spice)	1x jar	1x jar	1x jar	1x jar
		Stock cubes (vegetable)	1x packet	1x packet	2x packet	2x packet
	Include the minimum amounts of fats / oils	Vegetable spread	1x 250g tub	1x 500g tub	2x 500g tub	2x 500g tub
Vegetable oil		1x small bottle	1x small bottle	1x small bottle	1x small bottle	
Possible additional items	Items high in salt, sugar and fat should be included only in small amounts	Biscuits	1 packet	1 packet	2 packets	3 packets
		Fruit juice	1 litre	1 litre	2 litre	2 litre
		Jam	1 jar	1 jar	2 jars	2 jars

Vegan Diets

This list of foods provides for the considerations of the major food groups and basic volumes required for an average adult consuming a varied vegan diet.

Perishable items that will ideally require 'cool' storage	Food items that must be stored in a fridge (below 5 degree centigrade)	Food items that must be stored in a freezer (below -18 degrees centigrade)	Non-perishable items	Items that should appear in every box where possible		
	Basic guidance	Types of food	Example amounts based on household size			
			Single person (21 meals)	Two people (42 meals)	Family of four (84 meals)	Family of six (126 meals)
Fruit	One portion of fresh fruit and one portion of tinned / frozen per person per day	Fresh fruit : apples, pears, bananas, oranges, satsumas(x2), dried dates	7x items	14x items	28x items	42x items
		Plus tinned fruit such as peaches, mandarin segments, pineapple rings	2x 40g tin	4x 400g tin	2x 800g tin	3x 800g tin
		Or frozen fruit such as mixed berries	1x bag	1x bag	2x bag	3x bag
Vegetables	Two to three portions of vegetables per person per day (excluding onions and potatoes)	Fresh vegetable : large head of broccoli, 6x carrots, 3x large peppers, 1x lettuce, 6x tomatoes, 1x cucumber, 1 cabbage, 2x aubergine, spinach	2 - 3 items	4 - 6 items	8 - 10 items	12 - 14 items
		plus tinned or jrrd vegetables such as sweetcorn, peas, tinned tomatoes	3x 44g tin	6x 440g tin	6x 880g tin	8x 880g tin
		or frozen vegables such as peas, carrots, swearn	1x bag	2x small bags	2x bag	3x bag
Starchy carbohydrates	Meals should be based around starchy carbohydrates	Bread	1x loaf	2x loaf	4x loaf	6x loaf
		Plus breakfast cereal (cornflakes, shedded whea wheat biscuits) or oats (check suitable for vegans)	1x 50g	1x 500g	2x 500g	3x 500g
		Plus potatoes, oodles, couscous, rice or pasta	2x 50g	4x 500g	4x 1kg (8x 500g)	6x 1kg (12x 500g)
		Milk alternatives such as soya, oat milk - fresh or lng-life (UHT) and plain soya yogurts	1x 2 litres	2x 2 litres	4x 2 litres	6x 2 litres
Dairy	Vegan suitable dairy alternatives to be supplied where possible		1x pack of 4	2x pack of 4	4x pack of 4	6x pack of 4
Protein	Try to include a range of plant based protein	Dried red and / or green lentils	1x 500g	2x 500g	4x 500g	4x 500g
Essential additional items	Include fresh	Tinned beans and pulses (including baked beans)	4x tins	8x tins	16x tins	24x tins
		Onion	4x	6x	10x	12x
	Include dried	Garlic	1x head	1x head	1-2x head	2x head
		Tea	1x small box	1x small box	1x box	1x box
		Coffee	1x small jar	1x small jar	1 jar	1 jar
		Salt	1x small packet	1x small packet	1x small packet	1x small packet
		Pepper	1x small packet	1x small packet	1x small packet	1x small packet
		Dried herbs (mixed herbs, oregano)	1x jar	1x jar	1x jar	1x jar
		Dried spices (chilli flakes, mixed spice)	1x jar	1x jar	1x jar	1x jar
	Vegan stock cubes	1x packet	1x packet	2x packet	2x packet	
	Include the minimum amounts of fats / oils	Vegetable spread	1x 250g tub	1x 500g tub	2x 500g tub	2x 500g tub
		Vegetable oil	1x small bottle	1x small bottle	1x small bottle	1x small bottle
	Possible additional items	Items high in salt, sugar and fat should be included only in small amounts	Vegan suitable biscuits / chocolate	1 packet	1 packet	2 packets
Fruit juice			1 litre	1 litre	2 litre	2 litre
Jam			1 jar	1 jar	2 jars	2 jars

Dairy-free diet

This list of foods provides for the considerations of the major food groups and basic volumes required for an average adult consuming a varied dairy free diet.

Perishable items that will ideally require 'cool' storage	Food items that must be stored in a fridge (below 5 degree centigrade)	Food items that must be stored in a freezer (below -18 degrees centigrade)	Non-perishable items	Items that should appear in every box where possible			
		Example amounts based on household size					
Basic guidance		Types of food	Single person (21 meals)	Two people (42 meals)	Family of four (84 meals)	Family of six (126 meals)	
Fruit	One portion of fresh fruit and one portion of tinned / frozen per person per day	Fresh fruit: apples, pears, bananas, oranges, satsumas(x2), dried dates	7x items	14x items	28x items	42x items	
		Plus tinned fruit such as peaches, mandarin segments, pineapple rings	2x 400g tin	4x 400g tin	2x 800g tin	3x 800g tin	
		Or frozen fruit such as mixed berries	1x bag	1x bag	2x bag	3x bag	
Vegetables	Two to three portions of vegetables per person per day (excluding onions and potatoes)	Fresh vegetables: large head of broccoli, 6x carrots, 3x large peppers, 1x lettuce, 6x tomatoes, 1x cucumber, 1x cabbage, 2x aubergine, spinach	2 - 3 items	4 - 6 items	8 - 10 items	12 - 14 items	
		plus tinned or jarred vegetables such as sweetcorn, tomato puree, peas, tinned tomatoes	3x 440g tin	6x 440 tin	6x 880g tin	8x 880g tin	
		or frozen vegetables such as peas, carrots, sweetcorn	1x bag	2x smal bags	2x bag	3x bag	
Starchy carbohydrates	Meals should be based around starchy carbohydrate	Bread	1x loaf	2x loaf	4x loaf	6x loaf	
		Plus breakfast cereal (cornflakes, shedded wheat, wheat biscuits) or oats	1x 500g	1x 500	2x 500g	3x 500g	
		Plus potatoes, couscous, noodles, rice or pasta	2x 500g	4x 500	4x 1kg (8x 500g)	6x 1kg (12x 500g)	
Dairy	Dairy alternatives to be supplied were possible	Milk alternatives such as soya, oat milk - fresh or long-life (UHT)	1x 2 litres	2x 2 litres	4x 2 litres	6x 2 litres	
		and plain soya yogurt	1x pack of 4	2x pack of 4	4x pack of 4	6x pack of 4	
Protein	Include fish and plant based protein	Box of x6 eggs	1x item	2x item	3x item	4x item	
		plus tinned fish such as tuna, sardines	2x tin	4x tin	8x tin	12x tin	
		plus dried red or green lentils	1x 250g	1x 250	1x 500g	1x 500g	
		plus beans and pulses tinned	2x tin	4x tin	8x tin	12x tin	
Essential additional items	Include fresh	Onion	4x	6x	10x	12x	
		Garlic	1x head	1x hea	1-2x head	2x head	
	Include dried	Tea	1x box 24	1x smal box	1x small box	1x small box	
		Coffee	1x small jar	1x smal jar	1 jar	1 jar	
		Salt	1x small packet	1x smal packet	1x small packet	1x small packet	
		Pepper	1x small packet	1x smal packet	1x small packet	1x small packet	
		Dried herbs (mixed herbs, oregano)	1x jar	1x jar	1x jar	1x jar	
		Dried spices (chilli flakes, mixed spice)	1x jar	1x jar	1x jar	1x jar	
		Stock cubes (veg, chicken)	1x packet	1x packet	2x packet	2x packet	
	Include the minimum amounts of fats / oils	Vegetable spread	1x 250g tub	1x 500g tub	2x 500g tub	2x 500g tub	
		Vegetable oil	1x small bottle	1x small bottle	1x small bottle	1x small bottle	
	Possible additional items	Items high in salt, sugar and fat should be included only in small amounts	Biscuits	1 packet	1 packet	2 packets	3 packets
			Fruit juice	1 litre	1 litre	2 litre	2 litre
Jam or honey			1 jar	1 jar	2 jars	2 jars	

Gluten-free diet

This list of foods provides for the considerations of the major food groups and basic volumes required for an average adult consuming a varied gluten free diet.

Perishable items that will ideally require 'cool' storage	Food items that must be stored in a fridge (below 5 degree centigrade)	Food items that must be stored in a freezer (below -18 degrees centigrade)	Non-perishable items	Items that should appear in every box where possible			
Basic guidance		Types of food		Example amounts based on household size			
				Single person (21 meals)	Two people (42 meals)	Family of four (84 meals)	Family of six (126 meals)
Fruit	One portion of fresh fruit and one portion of tinned / frozen per person per day	Fresh fruit: apples, pears, bananas, oranges, satsumas(x2), lemon (x2)		7x items	14x items	28x items	42x items
		Plus tinned fruit such as peaches, mandarin segments, pineapple rings		2x 400g tin	4x 400g tin	2x 800g tin	3x 800g tin
		Or frozen fruit such as mixed berries		1x bag	1x bag	2x bag	3x bag
Vegetables	Two to three portions of vegetables per person per day (excluding onions and potatoes)	Fresh vegetables: large head of broccoli, 6x carrots, 3x large peppers, 1x lettuce, 6x tomatoes, 1x cucumber, 1x cabbage, 2x aubergine		2 - 3 items	4 - 6 items	8 - 10 items	12 - 14 items
		plus tinned or jarred vegetables such as sweetcorn, tomato puree, peas, tinned tomatoes		3x 440g tin	6x 440g tin	6x 880g tin	8x 880g tin
		or frozen vegetables such as peas, carrots, seetcorn		1x bag	2x small bags	2x bag	3x bag
Starchy carbohydrates	Meals should be based around starchy carbohydrates	Gluten free bread		1x loaf	2x loaf	4x loaf	6x loaf
		Plus low sugar gluten free breakfast cereal or gluten free oats		1x 500g	1x 500g	2x 500g	3x 500g
		Plus potatoes, 100% rice noodles, rice or gluten free pasta		2x 500g	4x 500g	4x 1kg (8x 500g)	6x 1kg (12x 500g)
Dairy	At least two dairy products should be included in every box where available, low fat where possible	Semi skimmed milk fresh or long-life (UHT)		1x 2 litres	2x 2 litres	4x 2 litres (where possible 1x 2 litres should be whole milk)	6x 2 litres (where possible 1x 2 litres should be whole milk)
		Plus cheddar cheese		1x 350g	1x 500g	2x 500g	3x 500g
		and / or plain yogurts		1x pack of 4	2x pack of 4	4x pack of 4	6x pack of 4
Protein	Try to include meat, fish and plant based protein	Box of x6 eggs		1x item	2x item	3x item	4x item
		plus tinned fish such as tuna, sardines		2x tin	4x tin	8x tin	12x tin
		plus dried red or green lentils		1x 250g	1x 250g	1x 500g	1x 500g
Essential additional items	Include fresh	Onions		4x	6x	10x	12x
		Garlic		1x head	1x head	1-2x head	2x head
	Include dried	Tea		1x box 24	1x small box	1x small box	1x small box
		Coffee		1x small jar	1x small jar	1 jar	1 jar
		Salt		1x small packet	1x small packet	1x small packet	1x small packet
		Pepper		1x small packet	1x small packet	1x small packet	1x small packet
		Dried herbs (mixed herbs, oregano)		1x jar	1x jar	1x jar	1x jar
		Dried spices (chilli flakes, mixed spice)		1x jar	1x jar	1x jar	1x jar
		Gluten free stock cubes (veg, chicken)		1x packet	1x packet	2x packet	2x packet
	Include the minimum amounts of fats / oils	Vegetable spread		1x 250g tub	1x 500g tub	2x 500g tub	2x 500g tub
		Vegetable oil		1x small bottle	1x small bottle	1x small bottle	1x small bottle
	Possible additional items	Items high in salt, sugar and fat should be included only in small amounts	Gluten free biscuits or gluten free chocolate if available		1 packet	1 packet	2 packets
Fruit juice				1 litre	1 litre	2 litre	2 litre
Jam or honey				1 jar	1 jar	2 jars	2 jars