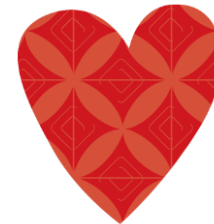


Energy Drinks



Energy drinks are high in sugar and contain caffeine and herbal extracts which are not suitable for children and young people.

We support schools to become 'water-only'. This means making water (and plain milk) the only drinks available at school.



330ml

9

teaspoons of sugar



=

1.5

shots of espresso coffee

+



Schools that become 'water-only' see the benefits to teaching and learning as well as student health and wellbeing.

From September 1, supermarket chain Countdown will ban the sale of energy drinks to children under the age of 16.