

What Are Blue Mountain Fruit Ice Drinks?

- Each serving is made by mixing fruit juice concentrate with water (1 part concentrate to 5 parts water).
- **67% fruit juice content** – more than many standard school drinks.
- Flavours include **Orange & Mango, Tropical, Mixed Fruit, Strawberry, Cherry & Pineapple & Coconut.**
- Portion-controlled, chilled, and perfect for a refreshing treat during the school day.



Why Our Drinks are a Great Choice



- **High in real fruit juice** – helps students enjoy natural fruit flavours.
- **Hydrating and refreshing** – perfect for lunch or break time.
- **Lower in sugar than many fizzy drinks** – sugar comes from the fruit itself.
- **Allergen-free & suitable for vegan, vegetarian, halal diets** – inclusive for all students.
- **Controlled portion size** – each serving is just right for a healthy snack

About Glycerol (E422) – Steps we take to ensure it is safe

You may have seen news about glycerol in frozen drinks. Here's what you need to know:

- **Purpose:** We use a very small amount to *keep the fruit ice smooth and consistent*.
- **Safety:** The Food Standards Agency advises caution only for children under 7.
- **Our policy:** Fruit Ice is **only served to secondary school students (11+)**, well above the age of concern.
- **Common in everyday foods:** Glycerol is widely used in soft drinks, flavoured waters, icing, baked goods, chewing gum, yoghurts, and desserts.
- **Minimal levels in our drinks** – completely safe for older children and adults.

Key Benefits of Blue Mountain Fruit Ice for Parents

- **Fruit-packed and natural** – higher fruit content than many alternatives
- **Hydrating and refreshing** – great for lunch or break time
- **Minimal added ingredients** – only a tiny amount of glycerol to stabilise the texture
- **Safe and portion-controlled** – perfect for secondary school students
- **Supports healthier choices** – lower sugar alternative to fizzy drinks (natural sugars)

So how do we compare to other school Favourites?

Feature	Fruit Ice	Radnor Fizz
Calories	78 kcal (due to higher fruit content)	44 kcal
Sugars	13 g (More fruit (67% vs 45%) means a little more natural sugars — but still portion-controlled, school-compliant, and healthier than fizzy drinks)	10 g
Fruit juice content	67%	45%
Compliance	UK School Standards	UK School Standards
Suitability	Vegan, Veg, Halal, Allergen-free	Vegan, Veg, Allergen-free