

# SERVING COFFEE AND COFFEE-STYLE DRINKS TO SCHOOL STUDENTS FACT SHEET



## SECONDARY SCHOOLS

Coffee-style drinks are AMBER.  
Maximum of 375mL.  
Hot coffee should be made with reduced-fat milk and cannot contain syrups.



## PRIMARY SCHOOLS

Coffee-style drinks are RED and should not be served.



## STUDENTS AND CAFFEINE

Coffee and coffee-style drinks contain caffeine and there are no clear guidelines around a safe level of caffeine consumption for children and adolescents.

Caffeine is not necessary for growth and development and it can interfere with calcium absorption, therefore it's best to avoid caffeinated drinks during childhood and adolescence while bones are developing.

If adolescents do drink caffeinated drinks, serving sizes should be small and limited to the first half of the day, or at least six hours before bedtime.

## WHAT IS CAFFEINE?

Caffeine is a naturally occurring compound found in the leaves and fruits of certain plants.

It is a central nervous system stimulant of the methylxanthine class and works by stimulating the brain and central nervous system, helping the drinker to stay alert.



## HOW MUCH CAFFEINE IS SAFE?

The recommended safe amount for most healthy adults is 400 milligrams (mg) of caffeine a day – that's about four cups of brewed coffee, however the actual caffeine content in beverages can vary widely.

At certain levels, caffeine is known to increase irritability and restlessness in some adults and sensitivity to caffeine varies from person to person. Too much caffeine can lead to insomnia, jitteriness, a rise in body temperature, dehydration, gastrointestinal inflammation, frequent urination, dizziness and headaches, difficulty concentrating, anxiety and irritability, and an increased heart rate.