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A definitive list of woke and non-woke foods

7mo • 2 min read

In announcing changes to the school lunches programme, David Seymour said kids would no longer be served 'woke' foods. To clear up any confusion, The Spinoff has compiled a guide to the wokeness levels of some common food items.

Originally published by [The Spinoff](#)

Apple = NOT WOKE

Avocado = WOKE

Avocado, smashed = EVEN WOKER

Banana = NOT WOKE

Beans, baked = NOT WOKE

Beans, non-baked = WOKE

Burger = NOT WOKE

Cheese, colby, edam, mild, tasty = NOT WOKE

Cheese, other = WOKE

Cheese roll = NOT WOKE

Chickpeas = WOKE

Chips, hot = NOT WOKE

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Chips, packet (ready salted, salt and vinegar or chicken flavour) = NOT WOKE

Chips, packet (all other flavours) = WOKE

Chocolate, Whittaker's Miraka Kirīmi = WOKE



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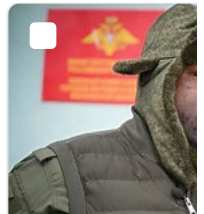
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Michael Schumacher's former nurse accused of involvement in £12m 'blackmail plot' over private photos





Story by Athena Stavrou • 18h • [2 min read](#)

A former nurse of [Michael Schumacher](#) has been accused of attempting to blackmail the Formula One star's family over private photographs.

The nurse, whose identity has not been publicly disclosed, is alleged to have been part of a plot to extort €15m (£12.3m) by [threatening to release images of the racing legend](#) on the dark web, a German court has heard.

No images of Schumacher have been seen publicly since he suffered a catastrophic brain injury in a skiing accident in the French Alps in 2013. The seven-time world champion was placed in a medically

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