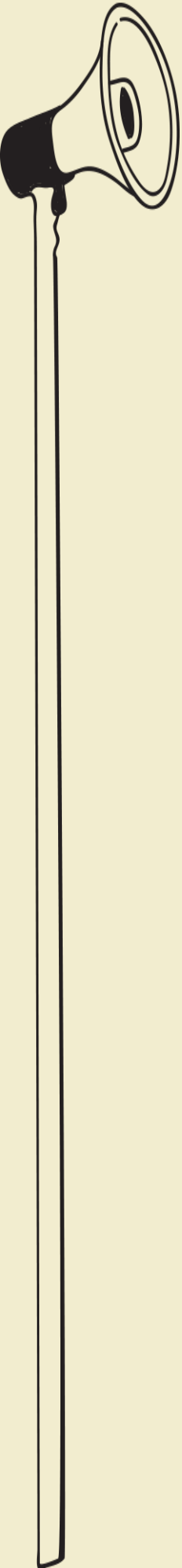


"SUGAR CONTENT OF DESSERTS HAS BEEN REDUCED BY OVER 21%!"

Local Authorities and Primary



Why?

Children are consuming too much sugar, with the average child consuming up to 22kg a year!

Consuming too much sugar can lead to higher levels of tooth decay, obesity and type 2 diabetes and therefore it is vital that we promote healthy eating habits into our children to give them the best possible start in life.

Sugar consumption is making headlines causing not only industry experts such as ourselves but also Government bodies to take action. The latest SACN report (Scientific Advisory Committee on Nutrition) and the Childhood Obesity Strategy both set recommendations and targets to reduce the sugar consumption within our population, particularly in children.

How?

Chartwells have actively promoted sugar reduction in recipes and menus in a variety of ways as part of the wider 2020 health and well-being strategy. Some of the strategies implemented to achieve a 20% reduction can be seen below;

- ✓ Reformulating recipes to reduce sugar content
- ✓ Reformulating portion sizes of high sugar items
- ✓ Setting internal sugar targets for retail items
- ✓ Work with suppliers to reduce sugar content in ingredients*
- ✓ Analyse our menus to ensure reduced sugar content year on year
- ✓ Increasing the amount of times fruit or yoghurt is available as dessert option
- ✓ Where desserts are available ensuring they are fruit based*
- ✓ Raise awareness of sugar consumption through a range of nutrition education initiatives.

*coming soon!

Great News!

The Autumn Winter 2018 menu has a sugar reduction of 21.1% since Autumn Winter menu 2016!

Achieved through menu engineering, recipe development, and portion size control. The menu includes an innovative and tasty dessert selection and continues to meet the requirements of the School Food Plan standards.

Any enquiries, please contact nutrition@compass-goup.co.uk