



SUGAR CONTENT HAS BEEN REDUCED BY OVER 21%



THE STORY — SO FAR —

Great News!

Chartwells have exceeded the 20% sugar reduction before Public Health England's deadline of 2020. The Spring/Summer 2019 menu has a sugar reduction of 21% since baseline (Autumn/Winter 2016).

Achieved through menu engineering, recipe development and portion 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-group.co.uk



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.

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

HOW?

Chartwells have actively promoted sugar reduction in recipes and menus to meet or exceed Public Health England's (PHE) sugar reduction of 20%. Strategies implemented as part of our wider Health and Wellbeing Strategy to achieve a 20% reduction can be seen below:

- ✓ Reformulating popular recipes to reduce total sugar content
- ✓ Reducing portion size of high sugar items
- ✓ Adhere to PHE's 20% sugar targets for all 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 a dessert option
- ✓ Increase the number of fruit based desserts on the menu
- ✓ Raise awareness of sugar consumption through a range of nutrition education initiatives