



SUGAR REDUCTION



THE STORY — SO FAR —

32% reduction

...of total sugars in our secondary school desserts- without compromising on taste, texture and likeability!



With teenagers consuming almost three times the recommended amount of sugar, it is more important than ever that we promote healthy eating habits in our children and play our part through nutrition education and the menus we serve our young customers.

Today, children are consuming far too much sugar, with half of this intake being from soft drinks and unhealthy snacks, such as cakes and biscuits.

Chartwells have exceeded the Public Health target to reduce sugar in desserts by 20% and reduced the total sugars of their Secondary school dessert recipe book by 32%! This has been achieved by;

- Reformulation of popular recipes to reduce total sugar content
- Ensuring all new developments meet Public Health England guidelines for sugar
- Reduction in portion sizes of high sugar items staying within the school food standards portion guidelines
- Working with suppliers to reduce sugar content in retail items
- Analysing menus year on year to ensure reduced sugar content
- Increasing the number of fruit-based desserts on the menu
- Raising awareness of sugar consumption through a range of nutrition education initiatives

Chartwells' pledge to reduce the sugar in children's diets doesn't end there! Our nutrition team are on hand to deliver nutrition education around the dangers of a high sugar intake and those hidden in our popular foods and drinks! For any further enquiries or bookings, please contact nutrition@compass-group.co.uk