



SUGAR REDUCTION

THE STORY — SO FAR —

Chartwells have exceeded a 20% sugar reduction before Public Health England's deadline of 2020 with the launch of their Autumn Winter 2019 menu. It hasn't stopped there... Chartwells continue to work towards a healthier menu as part of their 2020 Health and Wellbeing Strategy.



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.

A year before the Public Health England 20% reduction by the 2020 deadline, Chartwells have reduced the total sugars of their Secondary school dessert recipe book by 30%! 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 ingredients
- 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