

SUGAR !THE FACTS!

Children today are eating nearly three times more sugar than they should...

...Eating too much sugar can lead to tooth decay and obesity in children!



WHAT ARE WE DOING ABOUT THE SUGAR IN SCHOOL LUNCHES?



WE FOLLOW THE SCHOOL FOOD STANDARDS, WHICH HELPS ENSURE OUR LUNCHES ARE HEALTHY AND BALANCED

WHEREVER POSSIBLE OUR MEALS ARE FRESHLY PREPARED



WE MAKE OUR OWN SAUCES AS MUCH AS POSSIBLE.
WE EVEN MAKE OUR OWN TOMATO KETCHUP

WE USE FRUIT IN LOTS OF OUR DESSERTS WHICH PROVIDES NATURAL SWEETNESS, ALLOWING US TO USE LESS SUGAR



OUR RECIPES ARE TRIED AND TESTED SO WHERE WE DO USE SUGAR, WE USE AS LITTLE AS POSSIBLE

WE ARE WORKING WITH PUBLIC HEALTH ENGLAND TO MEET THEIR SUGAR REDUCTION TARGETS BY 2020.



AGE	MAXIMUM RECOMMENDED DAILY SUGAR INTAKE	TEASPOONS
4 - 6 YEARS	19g	5
7 - 10 YEARS	24g	7

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IT'S ALL GOOD



CARING FOR



FUTURE GENERATIONS