

Sugar Reduction Programme – End of Year 1 Results Summary

In Autumn 2017 Caterlink started a sugar reduction programme, with the aim of reducing free sugars across the desserts in line with the guidance from the Children’s Food Trust – to a maximum of 6.5g per day.

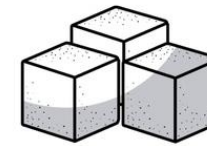
To do this we used a multifaceted approach including removing high sugar recipes and products, using dried or fresh fruits to sweeten desserts instead of sugar, reviewing all portion sizes to ensure they didn’t exceed School Food Standards guidance, replaced high sugar yoghurts with natural yoghurt that we flavour ourselves and finally by encouraging more fruit/ yoghurt only dessert days.

These are the results that we achieved within Year 1 of the programme.

Sugar content of Caterlink primary school desserts (average over a menu cycle)



Average yearly grams of free sugars per child (190 school days):



Autumn 2016- Summer 2017:

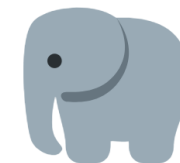
2,590g (13.6g daily average)

Autumn 2017 – Summer 2018:

848g (4.4g daily average)

‘We like the new yoghurt; our favourite is the chocolate one!’

‘The new carrot cake was tasty, light and fluffy’



Average total sugar removed across Caterlink schools in Year 1 of the programme:

9.2g per school meal

1,472 kg each day

279, 680kg per school year

Per year this is the same weight as 22 double decker buses or 47 elephants!