

## Reducing sugar on the menu in West Sussex Primary Schools



West Sussex County Council (WSCC) has worked closely with Chartwells, the local authority's school meals provider, to reduce the sugar content of menus. This is part of a range of initiatives that WSCC Public Health, together with the WSCC School Meals service, have undertaken as part of the sugar reduction champion pilot programme.

Chartwells have helped to reduce total sugar on the menu by approximately 30% in 12 months, a success that has been highlighted in a recent review on sugar reduction published by Public Health England (PHE).



Meg Longworth, Senior Nutritionist for Chartwells said: "At Chartwells we're passionate about providing children with healthy and nutritious meals. I have worked very closely with WSCC on this initiative and we are pleased with the results we have achieved so far. Sugar reduction is high on our agenda and we're looking to achieve similar results across all of our menus in the future."

Christine Field, County Council Cabinet Member for Community Wellbeing said: "We're very proud to have been commended by PHE for our work on sugar reduction. We know consuming too much sugar can lead to weight gain and related health and dental problems which is why we must continue this excellent progress."

Jeremy Hunt, the County Council's Cabinet Member for Education and Skills added: "Ensuring our children have a nutritionally balanced school lunch is very important. Our school meals team must be congratulated on the hard work that they have undertaken. As well as reducing the levels of sugar in our meals, we have also greatly reduced salt levels and continue to look at ways to make further reductions, without compromising the meals in any way."

Chartwells cater for approximately 30,000 children in West Sussex every day so the result of these small recipe and menu changes is extremely impactful. Ensuring all menus meet school food legislation, Chartwells have worked with their suppliers to redevelop recipes and to review portion sizes to help ensure children are consuming less sugar. The menus have also been awarded the Children's Food Trust 'Menu Checked' mark, giving added peace of mind for parents.

Find out more about the WSCC sugar champion pilot programme and initiatives to encourage a reduction in sugar consumption here:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/470178/Annexe\\_7\\_Local\\_activity.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/470178/Annexe_7_Local_activity.pdf)

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/470179/Sugar\\_reduction\\_The\\_evidence\\_for\\_action.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/470179/Sugar_reduction_The_evidence_for_action.pdf)