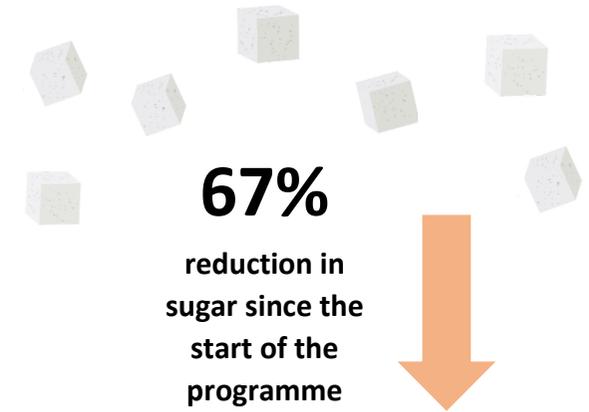


Sugar Reduction Programme – End of Year 2 Results Summary

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 Scientific Advisory Committee on Nutrition and the Children’s Food Trust – to a maximum of 6.5g per day.

To do this we:

- removed high sugar recipes and products
- used dried or fresh fruits to sweeten desserts instead of sugar
- reviewed all portion sizes to ensure they didn’t exceed School Food Standards guidance
- replaced high sugar yoghurts with natural yoghurt that we flavour ourselves
- encouraged more fruit/ yoghurt only dessert days



Average sugar reduction per child at a Caterlink school:

- **9.2g** per school meal
- **1,748g** by the end of Year 1 (190 days)
- **3,496g** by the end of Year 2 (380 days)



By implementing the sugar reduction programme Caterlink have **removed 537,280kg of sugar** (over half a million kilograms) across the business in just 2 years - the same weight as 640 giraffes!



Year 2 free sugar average per lunch in our primary schools is

4.4g

Children’s Food Trust Guidelines state a maximum of

6.5g

of free sugars per lunch in primary schools



Reformulation of Cake Recipes – Nutrition Update

In the second year of the sugar reduction programme, we wanted to maintain the lower sugar content of our desserts, whilst also focusing on wider reformulation work mentioned in the Childhood Obesity Plan, such as calories, saturated fat and salt, to be at the forefront of the change.

We have worked hard in the past school year to reformulate all our cake recipes, including sponge cakes, brownies and muffins.

To achieve this, we kept the recipes as low in free sugars, but changed ingredients to ensure that we were also reducing calories, total fat, saturated fat and salt per portion.



Our desserts contain high levels of essential nutrients such as iron and zinc

Our cakes now contain less than 1g of saturated fat per portion

Since reformulating the cake recipes again in 2018/2019, on average they are:

- 13% lower in calories
- 22% lower in total fat
- 80% lower in saturated fat
- 41% lower in salt



“The cook made four trays of lemon and berry cake and the feedback from the children and staff was amazing, only five portions left. The children kept asking when it was again on the menu.”

Our development chef team and cook managers trialled the new recipes extensively in schools to ensure that the children enjoyed the new cakes, and we have received some great feedback.

Schools have been using the new recipes during this past school year and as of Autumn 2019, all Caterlink primary schools will be.

“The new orange drizzle cake was so nice - the head teacher even wanted seconds! The cake was well risen and spongy.”

