

Caterlink's Sugar Reduction Programme – 4 Years On

We have reached the end of our 4th year of the sugar reduction project, and we can proudly say we have maintained our **67% reduction** in sugar throughout the year!

Thanks to Caterlink's fantastic teams, we have continued to **reformulate recipes** and **remove high-sugar ingredients** and products from our menus.

We actively **encourage more fresh fruit** across all menus and are committed to continue to reduce free sugars throughout.

Any child eating in a Caterlink primary school can be sure that they are having healthy lunches which contain **33% less free sugars on average than the government recommendations**.

Our Head of Nutrition is **Sugar Smart's Primary School Ambassador** in recognition of the great work we have achieved and the fact that we are leaders in sugar reduction for schools.

"Working with the Caterlink team on reducing sugar across menus has helped us gain insights into what's possible across the school catering sector. The reductions achieved have also helped local Sugar Smart Campaigns reach their campaign and overall healthy lifestyle goals." (SugarSmart)

SUGAR SMART



67% reduction in sugar since the start of the programme

Before the programme began, the average sugar in our primary school lunches was **13.6g** of free sugars

Children's Food Trust Guidelines state a maximum of **6.5g** of free sugars per lunch in primary schools

Free sugar average per lunch in our primary schools for the 4th year is **4.4g**

On average there is only a **teaspoon** of sugar in our school lunches!



Even with the pandemic affecting school meal numbers, we have **removed 885,040kg of sugar** across the business in the 4 years since we began the programme – the same weight as 148 tyrannosaurus rex or as 6 million bananas!



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