Reducing sugar in schools in Islington

SUGAR SMART webinar – 7 February 2019

Marjon Willers – specialist dietitian for schools and early years
Islington Healthy Schools

• Camden and Islington health and wellbeing review is in line, or over and above, Healthy Schools London criteria.
• Support is offered to schools to meet the criteria
Food related criteria to achieve bronze

- **School lunches** and **school food other than lunch** meet the statutory **DfE food standards**

- **Cake/bake sales** before, during or after the school day, for pupils and/or parents happen infrequently (not more than one per half term) and always include healthy options.

- **Sweets** including chocolate are not permitted

- Food is not offered as a **reward**

- Food served at **birthdays and other celebrations** is consistent with whole school food messages about healthy eating

- Has **packed lunch guidance** (including for school trips) promoting healthy eating and oral health that is consistent with DfE school food standards for school meals.
Fundraising

Cake/bake sales

DfE standards:

• Serve foods not meeting the standards occasionally – no more than once per half term.

• When providing food, fruit and/or vegetable and water should be served as well

Think creatively and come up with alternatives
Food served at birthdays and other celebrations

Keep messages consistent

• Parties and events:
  – No food
  – If serving food: fruit, vegetable and dips, and serve water

• Birthdays:
  – make a child feel special
  – equality
School food standards

• Borough wide contract: same contractor in Islington and Camden:
  • In Islington: 3 secondary, 40 primary and 12 children’s centres.
  • In 2016 student research project to find out amount of sugar served at school meals in primary schools
• Great variety of amount of sugar in desserts:
  – Type of dessert served
  – Portion size
  – Promotion of desserts rather than fruit
  – Display of desserts more prominently than fruit
Recommendations following the research

• **Staff training**
  – Portion sizes more consistent and following school food plan recommendations
  – Yoghurt to be served by catering staff rather than children
  – Staff to prepare, present and display fruit attractively
  – Staff to encourage fruit rather than dessert

• **Menu cycle**
  – 2-3 pudding free days
  – Choose lower sugar desserts options on menu

• **Recipe development**
  – Development of lower sugar desserts
  – Increase fruit content of desserts
New contract – April 2018

• All desserts to be dairy and/or fruit based
• Desserts served 2 – 3 times per week
• Max amount of sugar in a lunch:
  – Children’s centres: 4g per day
  – Primary school: 6.5g for lunch
  – Secondary school: 9g for lunch
• Yoghurt reduction of 4g per serving to no added sugar April 19
• Contract monitoring: report on fruit purchased for the term.
  – Amount of fruit to increase over the length of the contract