



ISLINGTON

Reducing sugar in schools in Islington

SUGAR SMART webinar – 7 February 2019

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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