

*Dear parent / carer,*

*We are pleased to inform you about what we believe are some positive changes to the school meals that will be introduced from January 2019.*

*Our catering team has always endeavoured to ensure that the school meals your child receives are nutritionally balanced and meet the government's national school meals standards. While school meals are meeting national standards, the sugar content and frequency of desserts on the menus have been highlighted as an area for improvement. As a result the catering team are implementing the following changes:*

- Very high sugary desserts have been taken off the regular menus but we recognise that these may be some of the favourite puddings that children love so they will still feature as a treat on celebration days and promotions*
- Sugar content in desserts will be reduced by at least 10%*
- We will continue to offer a main course and a choice of dessert each day, 2 out of the 5 days the dessert option will be a variety of flavoured yoghurt and fresh fruit*

*As you will no doubt be aware, the rates of overweight/obesity among children and young people nationally are very high, as are the rates of tooth decay. These small but significant changes to school meals are just part of a much broader approach in promoting healthy weight and good oral health among children and families.*

*We hope that you will agree that these changes are a positive initiative towards helping our children to lead healthier and more fulfilling lives.*

*Over the summer we have spent lots of time creating, testing and trying out all the new 'reduced sugar' recipes to make sure they are still appealing to children, tasty and delicious.*

*We welcome any comments or suggestions.*

*Yours sincerely,*



June V Taylor  
Technical Support Manager  
County Catering Team