



Dear Parent/Carer,

'Radish' are promoting No Added Sugar Days on your Child's Menu for the Spring Term!

We are hearing every day that children are having more than their recommended daily allowance of sugar from their favourite snacks, cereals and drinks.

Too much sugar is bad for children's health as it can lead to the build-up of harmful fat on the inside that we can't see. This fat can cause weight gain and serious diseases like type 2 diabetes, which people are getting younger than ever before, and heart disease and some cancers. It can also lead to painful tooth decay and every 10 minutes, a child in England has a tooth removed in hospital.

But good news! Radish are here to help keep children's sugar intake down. We are already making sure that, wherever possible our foods are sweetened using only natural sugars such as fruit and this term we are going one step further and will be reducing hidden sugars. This term we will introduce a no added sugar day on the menu each week and we are hoping that our fun and interactive 'Sugar Sherriff' will help convey this message to our pupils.

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AGE	MAXIMUM RECOMMENDED DAILY SUGAR INTAKE	TEASPOONS
4-6	19g	5
7-10	24g	7

Children today are eating nearly three times more sugar than they should.
Eating too much sugar can lead to tooth decay and obesity in children.

WHAT IS THE SUGAR SHERIFF DOING ABOUT THE SUGAR IN SCHOOL LUNCHES?

- We have one completely Sugar Free menu day per week on our menu, identified by the Sugar Sheriff.
- We follow the school food standards, which helps ensure our lunches are healthy and balanced.
- Wherever possible our meals are freshly prepared.
- We do not use any bought in sauces, which are often high in sugar. We even make our own tomato ketchup.
- We use fruit in lots of our desserts which provides natural sweetness, allowing us to use less sugar.
- Our recipes are tried and tested so where we do use sugar, we use as little as possible.
- We are working with Public Health England to meet their sugar reduction targets by 2020.

For more information on being Sugar smart please make use of the links below.

<https://www.sugarsmartuk.org/about/>

<https://www.nhs.uk/change4life/food-facts/sugar>

Doing the Right thing.

HelpPoint™ 0845 345 1576
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