

# The Sugarwise Certification Scheme



Guidelines for School Catering

These guidelines are for any school caterer that is interested in demonstrating their commitment to free sugar reduction.

The SUGARWISE catering mark on school menus means that the menus provide options that are low in “free sugars”. These are sugars and sweeteners that need to be limited in the diet and are contributors to childhood obesity and tooth decay.

## 1. Recipe Checking

Breakfast/After School Clubs: No more than 3.8g per portion or 19g per week

Snacks/Baking/Birthdays: No more than 19g per week

Lunch: No more than 5.7g free sugars per portion or 28.5g per week

(all quantities averaged over the week)

2. “No free sugars” days can be highlighted using the SUGARWISE logo

# What is the Sugarwise Certification Scheme?

According to the World Health Organisation, “free sugars”, which are sugars added to food as well as sugars naturally present in honey, fruit juice and syrup, should be limited to no more than 5% of daily calorie intake.

The rigorous standards have been calculated to ensure that all children receive no more than 5% of their calories from free sugars. The inclusion of SUGARWISE days, incorporating no free sugars, can give caterers more flexibility with per portion guidelines for special events

and is reflective of natural eating behaviour.

The scheme rewards those caterers who are Sugarwise, distinguishing them from competitors, providing them with numerous additional marketing opportunities, and demonstrating their commitment to free sugar reduction.

It is an initiative that partners eligible catering companies with Sugarwise to assure their clients that they are doing their best to safeguard children from excessive free sugar intake.

# How do I qualify?



You submit your recipes and we check that they meet our rigorous per portion criteria, and the menu (where relevant) meets the per week criteria. Where the per portion guide is exceeded the menu must be submitted.

Hot Food and Dessert



Cold Food and Condiments



Snacks



Dairy including sweet yoghurts



Hot Beverages including hot chocolate and sweet drinks



Cold Beverages including sweet



Confectionary



Any parent should be able to opt in to their child being completely “free sugar” free in a SUGARWISE certified school in a similar way that they might indicate a food preference such as vegetarian or halal.

In this case, the child may be given a “special pudding” such as cut fresh fruit.



Any vending machines must contain a low free sugar option indicated with the SUGARWISE logo.

## Next Steps

Email [team@sugarwise.org](mailto:team@sugarwise.org) to register your interest in our partner program.

Once we have confirmed your recipes or menus meet the certification criteria, you can begin to use the SUGARWISE logo for marketing purposes in consultation with us.