

# tasty VIEWS



JANUARY  
2019



## NEW NUTRITIONIST

I've recently finished my BSc at King's College, London before joining Chartwells in September. Good nutrition is the foundation of health but I am passionate about the link between diet, mental health, and sustainability.

Whilst working at Chartwells I have been focusing on special diets but am very excited to start added value sessions with your schools! Get in touch with the details below!



## SPECIAL DIETS

Thank you for all your help during the change in special diet procedure!

This process has helped reduce the risk of allergic reactions in schools by making us more aware of the allergies we cater for. Allergy Aware has also helped our catering staff with an increase in allergies.



## SUGAR SMART

Lewisham was one of the first London boroughs to sign up to sugar smart. Public Health works with local businesses and schools to educate, promote healthier, lower-sugar alternatives. To date 23 Lewisham schools are supporting the campaign. You can help by joining the campaign by making three simple pledges.

<https://www.lewisham.gov.uk/myserVICES/socIalcare/health/diet-and-exercise/sugarsmart/Pages/default.aspx>.

For more information or support please contact Lakhvinder Matharu  
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## WANT TO FEATURE IN NEXT MONTHS NEWSLETTER?

If you have something food related you want Chartwells to shout about, tell us!

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Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery