



SOCIETAL CHALLENGES

45% of children will be overweight or obese by 2030 based on current trends *World Obesity Atlas 2023

Obesity **costs the NHS £4.2bn a year** – without urgent action this will rise to £10bn by 2050 *Royal Society For Public Health

8.4 million people live in food poverty in the UK, but we collectively throw away 9.5 million tonnes of food each year

Households are responsible for circa **70% of food waste**. Key factors include: younger age groups, lack of food management at home, less confidence in cooking

KEY FINDINGS

1 The appetite that children show for a healthy balanced diet depends on their socio-economic background

94% of children in the Independent sector would like a healthy and balanced diet, this number falls to 67% in the state sector.

2 As children get older, their interest in learning about food and cooking reduces

67% of children want to help cook a meal at home - but, numbers drop off drastically when children reach secondary school. Key to engage children early.

3 Food Tech teachers do an amazing job, but additional support is needed

While Food Tech is growing in popularity, only 60,000 children took it as a GCSE last year, and the A-level subject was removed in 2017. On average pupils only get to spend around eight hours a year studying Food Tech at GCSE, but that isn't long enough. After GCSE their food education just comes to a full stop and there is nowhere to go.

4 Children want to be more sustainable, but they need more information

80% of children want to be more sustainable and help save the planet, but they need guidance - 4 in 10 secondary school pupils demand more information about sustainable eating choices.

Research collated in 2023 through interviews with 2,054 primary and secondary school pupils across State and Independent sectors.

WHAT CHARTWELLS IS DOING

Beyond the Chartwells Kitchen Programme

Every year, we run over 2,000 workshop sessions, reaching over 100,000 pupils with information on health and nutrition, cooking and food, and sustainability, delivered to children aged 4-18 from all socio-economic backgrounds.

Spotlight Sessions

To supercharge the number of children we can enrich with education about the food system, we have launched a new digital Spotlight Sessions series. [Watch the trailer here.](#)

"I've seen first-hand the work Chartwells does bringing food to life in schools through fun and interactive sessions, and I think this approach should be replicated across the industry, with teachers, caterers, and parents working together to educate and excite pupils. It's a simple recipe, but it works."

TOM KERRIDGE, CELEBRITY CHEF

FUELLING YOUNG MINDS

The Chartwells Report 2024

We believe every child should not only have access to quality, nutritious food, but also information about health and nutrition, cooking and food, and sustainability. Sadly this is not always the case.

Our Fuelling Young Minds Report, explores why education about the food system is so important and outlines what we're doing to meet this need.



[View the full report here](#)

