

# Case Study

**fdf** food & drink  
federation  
passionate about food & drink

## Registered Nutritionist / Dietitian of the Year 2019

Meg Longworth, Head of Nutrition and Public Health,  
Chartwells, Compass UK&I

**fdf**  
AWARDS

food and drink federation

2019

WINNER

Meg is Head of Nutrition and Public Health for Chartwells, the largest education foodservice provider in the UK.

Chartwells leads a team of 15 nutritionists to promote the consumption of healthy school meals to more than 500,000 children and young adults countrywide. We put a balanced approach to healthy eating at the heart of everything we do.

Meg's huge contribution to the health of young people is recognised internally and externally. She has driven innovative programmes such as Nudge Nudge (using subtle nudges to influence healthier food choices) and Beyond the Chartwells Kitchen (a programme of nutrition

education delivered through fun and engaging workshops and classroom activities) as well as sitting on All Parliamentary Groups to agree the future of School Food Standards in the UK. Her enthusiasm and expertise has led to her being asked to make keynote speeches at the LACA Conference and the Educating Forum as well as writing a topical column in Educating Magazine.

Meg is held in such high esteem by Chartwells that our Managing Director, Richard Taylor says, "Simply put, without Meg's energy, enthusiasm and importantly incredible expertise in her field, Chartwells would not be the leading education foodservice provider that we are."

