**The average meal deal**
Percentages of Recommended Daily Amount provided by a single meal in a chicken shop. Based on a meal of 3 pieces of fried chicken, large fries and a large soft drink and a 2,000 kcal diet for women

- **68%** KCAL
- **56%** SAT FAT
- **53%** SALT

*A standard meal contains zero portions of fruit and veg!

**School specials**
Every school in Newham is within 500m of a fast food outlet. Studies have shown a fast food outlet within 160m of a school is associated with at least a 5.2% increase in obesity rates among 15-16 year olds

**The teenager’s choice**
Based on a survey of 13-14 year olds in Newham

- **38%** eat fast food once a week
- **12%** eat fast food everyday

**What our customers are saying**

- “They are a bit dirty and greasy”
- “You can’t recycle the packaging”
- “It must be really bad quality meat”
- “There is so much rubbish outside”
- “The food keeps my kids full”
- “The shops are real trouble spots”
- “It’s a place to hang out with my friends”
- “It’s cheap and I get served very quickly”

Find out more: shiftdesign.org.uk