

Sugar smart schools resources



SUGAR SMART SCHOOL INITIATIVE

As part of SUGAR SMART Ealing, we are asking schools to help children consume less sugar and drink more water. Read on for more information.

How to achieve Sugar Smart School status?



To become a SUGAR SMART school, schools need to complete a checklist* that shows they are working towards the three pledges below:

1

Become a water only school (except for plain milk)

2

Reduce sugar in snacks and food eaten at school

3

Raise awareness about sugar with children & adults

*Download at: egfl.org.uk/elp-services/health-improvement-schools/sugar-smart-schools

What do SUGAR SMART schools receive?

5

Five Healthy Schools Points. See the Healthy Schools Points tab on EGFL for more information.



Pre-filled SUGAR SMART templates to help you achieve your HSI Silver



One school will receive £500 to use towards sustaining their SUGAR SMART initiatives. The most innovative and comprehensive application will receive this funding in July 2022.



A SUGAR SMART certificate.

Select image to view sugar smart flyer

Resources

- [Sugar smart school checklist](#) (odt)
- [Sugar smart silver template](#) (docx)
- [Sugar basics](#) (pdf)

Become a water only school

- [Packed lunch policy template](#) (docx)
- [Sugar smart chart](#) (pdf)

Reduce sugar in food eaten at school

- [Breakfast club nutrition](#) (pub)
- [Healthy lunchtime toolkit](#) (pdf)
- [Packed lunch policy assembly](#) (pptx)
- [Packed lunch policy template](#) (docx)
- [Recommendations for school meal](#) (pdf)
- [Token poster](#) (pdf)
- [Whole school food model policy](#) (doc)

Raise awareness about sugar

- [Are you sugar savvy?](#) (pdf)
- [Giving up pop 14 day challenge](#) (pdf)
- [Healthier snacking show](#) (pptx)
- [Healthy eating newsletter snippets](#) (pdf)
- [Healthy eating workshop for parents](#) (pptx)
- [Parent workshop session plan](#) (docx)
- [Parent workshop workbook](#) (pdf)
- [Recipe handouts](#) (pdf)
- [Sugar lesson plan](#) (pdf)
- [Sugar smart assembly](#) (pptx)
- [Sugar weekly diary](#) (pdf)
- [Supermarket sugar swap](#) (pdf)
- [Swop the pop assembly](#) (pdf)
- [Teaspoon of sugar guessing game](#) (pdf)

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- [Neutral](#)
- [No](#)

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