



## **Sugar Smart Support available for businesses and organisations**

Feel like becoming Sugar Smart? Join the campaign and make pledges here:

[www.goodfoodingreenwich.org/sugar-smart](http://www.goodfoodingreenwich.org/sugar-smart)

For any support needed to realise your pledges from the list below, send an email to: [sugar-smart@royalgreenwich.gov.uk](mailto:sugar-smart@royalgreenwich.gov.uk)

### **Pledge support**

Teams wishing to become Sugar Smart may benefit from support from the Public Health Obesity Officer. This can include an ideas session to generate pledges, action planning, or ongoing assistance as pledges are introduced. Sessions can be face-to-face, delivered during team briefings, or a smaller meeting to set action plans with teams.

### **Awareness raising**

Raising awareness about the impact of too much sugar on our health is a key ambition for the Sugar Smart campaign. Awareness raising sessions also serve as great opportunities to start conversations on diet and health, and motivate individuals to take the first step in making lifestyle changes. Teams can receive a 45- minute session on sugar, covering the problems with diets high in sugar, the chance to take part in an interactive sugar game and learn how to use the Change4Life Food Scanner app to help make healthier choices.

### **Resources**

Image is everything, and essential for getting the Sugar Smart message across. With lots of resources available from posters and images, to recipe ideas and toolkits, Public Health can provide what you need to make your team pledges successful.