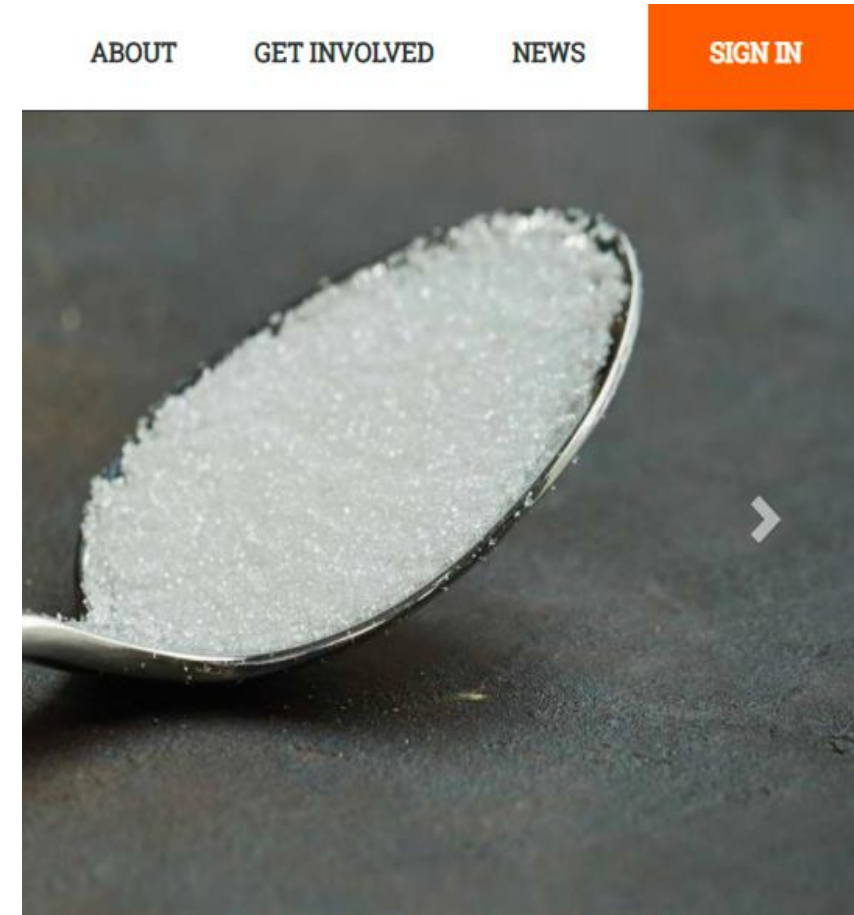




“How to get started”

How to sign up?

1. Visit the Sugar Smart website.
2. Go to the 'Get involved' webpage
3. Click 'Go Sugar Smart'.
4. Fill in your settings details.
5. Upon signing up you will be taken to a page full of Sugar Smart actions that you can get involved in.
6. Select at least one Sugar Smart action
7. Login and record any activity against your selected Sugar Smart action(s).



By using our website you are consenting to our use of cookies in accordance with our [cookie policy](#).

SUGAR SMART

ABOUT

GET INVOLVED

NEWS

SIGN IN

LET'S GET SUGAR SMART!

Sign up, spread the word, share your ideas and together we can make a real difference.

FIND OUT MORE

1. Go to www.sugarsmartuk.org
2. On homepage, click [get involved](#)



3. On the Get Involved page, click 'Go sugar Smart'

GET INVOLVED

WORKING TOGETHER TO REDUCE SUGAR



Can your school, organisation or business take action to reduce sugar overconsumption?

GO SUGAR SMART !



Is your council or food partnership looking to run a SUGAR SMART campaign in your area?

RUN A CAMPAIGN

**SUGAR
SMART**

Join the SUGAR SMART mailing list.

SIGN UP



4. Fill in your organisations' details. After you have registered, when you signed in, you will be taken to the Sugar Smart actions dashboard

JOIN SUGAR SMART

WORKING TOGETHER TO REDUCE SUGAR

We support schools, universities, hospitals, businesses and other organisations that serve, sell or can advocate for better food and drink. Please register below to work with us.

Alternatively if would like to coordinate a SUGAR SMART campaign in your area [click here](#) to find out how you can become SUGAR SMART.

- We are a school, university, hospital, business or other organisation that offers food and drink, or promotes healthy eating messages to our community.

SECTOR*

ORGANISATION NAME*

5. Here on the Sugar Smart actions dashboard, choose which actions you would like your setting to get involved in. Do this by clicking 'Tell Me More'



HAVE A SUGAR SMART QUIZ

Run a quiz with surprising facts about sugar in everyday food and drink.

TELL ME MORE



GIVE STAFF COOKING LESSONS

Get your colleagues to take part in a cooking course and promote low or sugar-free recipes.

TELL ME MORE



GET ACCREDITED

Get accredited by an external organisation to ensure the food and drink you serve is healthy for people and planet.

TELL ME MORE



INTRODUCE A SUGAR LEVY

Introduce a 10p levy (or higher) on sugary drinks and sign up to the Children's Health Fund.

TELL ME MORE



IMPROVE VENDING OPTIONS

Remove sugary items from vending machines and display information about the amount of sugar in everyday food and drink.

TELL ME MORE



INCREASE THE PRICE OF SUGARY DRINKS

Increase the price difference between sugary drinks and healthier alternatives

TELL ME MORE



ACTION PLEDGES

4

ASSETS

111

6. On the Sugar Smart actions dashboard, to record progress on an action, press the 'Update' button on the relevant action

ACTIONS ASSETS

🚩 👤 📞 ?




GO FIZZ FREE ✓

Take part in Fizz Free February and recruit people to go fizz free for the entire month.

How many people were involved?
2,000 people

UPDATE



PROMOTE WATER ✓

Install water points and promote drinking water as the number one drink.

How many water points were installed? 17 water points

UPDATE

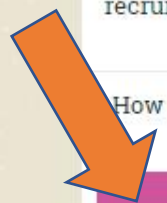


SET SUGAR SMART CHALLENGES ✓

Set a sugar reduction challenge, such as giving up sugary drinks for a whole week.

How many people were involved?
2,000 people

UPDATE



7. Update your progress on the pop up box that will appear and press 'Update' to save

PLEASE UPDATE US ON YOUR PROGRESS

How many people were involved?
22/01/2020 : 2,000 people

Numbers only

Please give more details on your action

We have set simple SUGAR SMART challenges for staff on our internal social media and shared additional information with those challenges. We will also be taking part in Fizz Free February with that challenge being advertised to our staff.

UPDATE

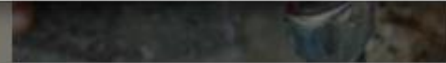


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