

Sugar Smart Actions for Early Years & Schools

Planning Template

The “Sugar Smart Barnet” campaign was officially launched in January 2020 and aligns with the [Local Government Declaration on Healthier Food and Sugar Reduction](#). The campaign raises awareness of the health benefits of reducing sugar consumption. Working with Sustain, Sugar Smart Barnet, supports workplaces, businesses, and organisations such as Early year settings, schools, or charities to cut down on sugar intake.

The actions described below aim to improve understanding of sugar and its health risks, increase confidence to make healthier choices, improve food provision and get staff parents/ carers, and pupils to make individual pledges to reduce sugar. **Relevant resources and/or support are listed alongside Sugar Smart actions.**

Setting Name:

What would your setting like to focus on? Select as many as you like from any category.

| Actions | Plan to do | Already in place |
|---|------------|------------------|
| 1) RUN A WORKSHOP OR ASSEMBLY | | |
| 1a) Run your own SUGAR SMART assembly , with parents/ carers and/or pupils. Resources: SUGAR SMART assembly PowerPoint , and Dental Health Presentation . | Yes/No | Yes/No |
| 1b) Run your own food label or other sugar-themed workshop. Teach how to use the list of ingredients and nutrition label to help parents/ carers know how much sugar is in manufactured food and drinks. Compare front (nutrition messaging – is “healthy” actually healthy?) and back labels (ingredients, content). Resources available on https://www.nhs.uk/change4life/food-facts/food-labels and Keeping well and active Barnet Council | Yes/No | Yes/No |
| 1c) Sign up for free to GLL Activate Assemblies targeted at Year 5 & 6 children. Please contact GLL at geroge.bell@gll.org & xplore.barnet@gll.org | Yes/No | Yes/No |
| 1d) Sign up for Barnet’s Healthy Weight Nurses free sugar education workshops. For more information , please contact solltd.hwnadmin@nhs.net and the contact number is 08007723110 or 02036334049. | Yes/No | Yes/No |
| 2) HAVE A SUGAR SMART QUIZ | | |
| 2a) Run a SUGAR SMART quiz with parents/ carers and/or pupils with surprising facts about sugar in everyday food and drink. Resources: Sugar Smart Bristol Quiz , Kensington Labels Quiz | Yes/No | Yes/No |

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| 3) SPREAD THE WORD | | |
| 3a) Promote the NHS Food Scanner app with the school community. The NHS Food Scanner app is a handy health hack to make it easier for families to find healthier food and drink options. Engaging AR technology brings food labels to life as your pupils scan their way to healthier swaps. Resources available: NHS Food Scanner App poster, App demo video | Yes/No | Yes/No |
| 3b) Give out factsheets with information about sugar. Resources available: Change4Life , Adolescent Campaign-Nutrition | Yes/No | Yes/No |
| 3c) Put SUGAR SMART info in newsletters and on your website. | Yes/No | Yes/No |
| 3d) Take part in Sugar Awareness Week (November). For more information & resources , please visit Action on Sugar . | Yes/No | Yes/No |
| 3e) Take part in BNF Healthy Eating Week (June). For more information & resources , please visit BNF . | Yes/No | Yes/No |
| 4) PROMOTE WATER | | |
| 4a) Install water stations- set up accessible water fountains and/or simply make sure there is a fresh jug of water on every table at your school, club, or restaurant. | Yes/No | Yes/No |
| 4b) As well as providing free tap water across the day, including in the canteen, make water the cheapest drink on sale. | Yes/No | Yes/No |
| 4c) Display posters and factsheets about water and promoting healthy hydration. Resources available: Your body needs water poster , A4 Poster swap | Yes/No | Yes/No |
| 4b) Become a water-only school whereby only water (and plain milk) is the only drink consumed by pupils. Sign up here: Water only schools (google.com) Please visit the water-only schools webpage for more information and resources. | Yes/No | Yes/No |
| 5) TALK ABOUT SUGAR IN PSHE LESSONS & FOOD TECHNOLOGY | | |
| 5a) Use the Sugar and Trans-Fat Toolkit and complete the evaluation form. Other useful resources include: Foodafactoflife & the PHE School zone . Visit the Barnet PSHE webpage for useful information and resources e.g. Primary School Nutrition Lesson Plans . | Yes/No | Yes/No |
| 5b) Sign up to Give. Help. Share- The local programme consists of nutrition education sessions for pupils, food parcels and the children participate in sampling and making food, as well as art and drama activities. Please email: info@givehelpshare.org.uk | Yes/No | Yes/No |
| 5c) Sign up to the Healthy Eating Lifestyle Programme (HELP)- The aim of this course is to empower children and adults with healthier lifestyle knowledge. It is Delivered by BreadnButter as an 8-week course in schools and as a 1/2-day parent workshop. For more information please visit: Bread n Butter Help | Yes/No | Yes/No |
| 6) HOST A COMPETITION | | |
| 6a) Make posters/displays – design posters/displays about sugar, and healthy diets and award the best ones. | Yes/No | Yes/No |
| 7) GIVE STAFF COOKING LESSONS AND TRAINING | | |
| 7a) Cooking skills classes for staff & parents/ carers – for low/no sugar alternatives Resources available: Keeping well and active Barnet Council | Yes/No | Yes/No |
| 7b) Staff training on sugar – e.g., staff inset days, caterers, health care providers | Yes/No | Yes/No |

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| <p>Support available: Solutions 4 Health can provide local free sugar and/or oral health education training. For more information, please contact solltd.hwnadmin@nhs.net and the contact number is 08007723110 or 02036334049.</p> <p>Resources available: Visit the Barnet PSHE webpage training and workshops section.</p> | | |
| 7c) Appoint staff & parent/ carer SUGAR SMART Ambassadors | Yes/No | Yes/No |
| 8) STOCK HEALTHIER FOOD AND DRINK | | |
| <p>8a) Work with your caterers to make healthier options more visible – position them front and centre, “traffic light” system on drinks, limit display of less healthy options.</p> <p>Resources available: Healthier vending.</p> | Yes/No | Yes/No |
| <p>8b) Work with your caterers to provide no/low sugar menus – e.g., fruit/dairy option only on certain days of the week.</p> <p>Resources: Family Food First for early year’s settings, School catering guidance to lower sugar.</p> | Yes/No | Yes/No |
| <p>8c) Healthy food at celebrations and events – e.g., birthday cake made only with fruit.</p> <p>Resources available: Family Food First for early year’s settings, Healthy celebration guidance and ideas.</p> | Yes/No | Yes/No |
| <p>8d) Ban adverts and sponsorship for sugar – make it policy not to advertise or promote sugary foods and drinks in your setting</p> | Yes/No | Yes/No |
| 9) RUN A SUGAR SMART RECIPE DEMO | | |
| <p>9a) Sugar free breakfast – Provide demos and help children and parents/ carers make better choices for breakfast.</p> <p>For ideas check out: https://www.nhs.uk/change4life/recipes</p> | Yes/No | Yes/No |
| 10) PROMOTE SUGAR-FREE PACKED LUNCHES | | |
| <p>10a) Adopt a sugar-free/healthy lunch boxes guidance or policy – share with parents/ carers</p> <p>For ideas check out: https://www.nhs.uk/change4life/recipes ,Family Food First for early year’s settings (-no.4 includes Healthy packed lunch toolkit & videos), Supporting Health and Wellbeing Barnet - WWC</p> | Yes/No | Yes/No |
| 11) GET ACCREDITED | | |
| <p>11a) Get official Healthy Schools London or Healthy Early Years accreditation – to ensure you apply a whole setting approach to support healthy eating. Follow the links to sign up: Schools Early Years Settings. Contact the Barnet Healthy Schools London Programme Co-ordinator for more information.</p> | Yes/No | Yes/No |
| 12) SET SUGAR SMART CHALLENGES | | |
| <p>12a) SUGAR SMART Challenges for setting staff, e.g., give up a sugary food, drink or snack for two weeks or more, swap to a no sugar version of something you normally eat or drink, consume water instead of sugary drinks, reduce the amount of sugar you usually add to food and drink etc.</p> <p>For ideas check out: https://www.nhs.uk/change4life/food-facts/sugar</p> <p>Resources available: SUGAR SMART September Challenge Diary, Kensington Sugar Weekly Diary.</p> | Yes/No | Yes/No |
| <p>12b) GO FIZZ FREE: Take part in Fizz Free February and recruit people to go fizz free for the entire month.</p> <p>Resources available: Challenge Diary, Logo, Calendar, Poster for adults, Certificate, Frequently Asked Questions.</p> | Yes/No | Yes/No |

Relevant resources and/or support are listed alongside Sugar Smart actions.