



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 HSL Silver and Gold awards.



A SUGAR SMART certificate.