

Sugar Smart Primary School Support

01



Sugar Smart Assemblies

Interactive presentations that educate students on the health impacts of sugar, teaching them to spot hidden sugars and encouraging healthier choices to foster a school-wide commitment to reduced sugar intake.

02



Sugar Smart Cooking Clubs

Hands-on sessions where students learn the basics of healthy eating, learn to prepare healthy, affordable meals. These clubs focus on cooking skills, understanding ingredients, and promoting balanced diets in a fun, supportive environment.

03



Sugar Smart Stalls

Interactive booths at school fairs where students and parents can learn about reducing sugar intake. These stalls offer fun quizzes on hidden sugars and tips for making healthier food choices. The goal is to raise awareness and encourage the whole school community to adopt Sugar Smart habits.

04



Parent Workshops

Informative sessions that equip parents with practical tips and resources to support their children's nutrition and health. Topics include managing picky eating (Palate Playground), Healthy Packed Lunches and more

05



Sugar Smart Brainstorming

Collaborative meetings focused on generating ideas to promote healthier eating in schools. These brainstorming meetings could involve discussions with caterers on improving menus or strategies to incentivize choosing healthier options.

To find out more email
clcht.ealinghealth4life@.net
or scan the QR code.

