

Achieving a SUGAR SMART Certificate:

1) Promote healthy lunches and snacks

Promoting healthy lunches and snacks at school is a huge step towards being SUGAR SMART and optimising the health and wellbeing of pupils. To achieve a certificate you must:

- ❑ Adhere to the School Food Standards at a minimum
- ❑ Have healthy lunch and snack policies
- ❑ Have fruit and vegetables available when snacks are provided
- ❑ Use reduced sugar options of pre-prepared food and reduced sugar recipes when food is prepared in school

2) Encourage water consumption

Drinking water is good for many reasons! It keeps you hydrated, alert, it's good for digestion and metabolism and also helps to keep teeth healthy. To achieve a certificate you must:

- ❑ Have free, fresh water visible and readily available
- ❑ Encourage and allow all members of the school community to bring a reusable water bottle and drink from it throughout the day
- ❑ Not allow or have fizzy drinks, energy drinks, sports drinks, or milkshakes at school

3) Reconsider vending machine and tuck shop options

Unhealthy snacks and sugary drinks are one of the highest sources of sugar in children's diets. We appreciate that sometimes schools may be tied into contracts with suppliers, but there are some things you can try to change. To achieve a certificate you must make an effort to:

- ❑ Provide the healthiest items possible and replace full sugar options with those that have 'no added sugar'
- ❑ Price healthy food and drink items at a lower price than their unhealthy and sugary counterparts
- ❑ Consider re-positioning of vending machines to areas with lower footfall

4) Adopt a Whole School Approach to tackling excess sugar

Embedding a SUGAR SMART ethos throughout the whole school is essential in creating a healthy environment, helping both children and adults to make healthier choices, create positive habits, and improve their health. To achieve a certificate you must:



- 📦 Encourage staff to engage with and adhere to **SUGAR SMART** guidelines
- 📦 Consult children on your campaign and ask them for their feedback
- 📦 Make governors aware of your campaign
- 📦 Involve parents/carers
- 📦 Embed healthy eating and lifestyle messages throughout all school activities and the environment, including timetabled lessons and extracurricular activities

5) **SUGAR SMART registration and Healthy Schools session**

To achieve a **SUGAR SMART** certificate, you need to:

- 📦 Register online at www.sugarsmartuk.org to track your progress and gain access to resources to help your campaign (or contact harriet.kretowicz@cornwall.gov.uk who can do this on your behalf)
- 📦 Take part in our FREE **SUGAR SMART** in Schools awareness session

