

SUGAR SMART

GREENWICH



Sugar Smart
Update
August 2019

Sugar Smart September



Following its success in 2018, Greenwich Public Health is this year calling on the whole borough to take part in Sugar Smart September.

Last year's challenge saw staff teams within Royal Borough of Greenwich cut out fizzy drinks, set up a fruit club, and make healthier choices at lunchtime, and we're hoping for more of the same this year.

In 2019, all organisations in the borough are encouraged to take part in Sugar Smart September by cutting out, reducing, or swapping sugary drinks and snacks being eaten or sold.

If you are already pledging to be Sugar Smart or think it's time your organisation took action on sugar, taking part in Sugar Smart September is the ideal thing to shake up your campaign.

Full information and details can be found on [Live Well Greenwich](#). If you're taking part, be sure to register your organisation on the [Good Food in Greenwich](#) website during September for the chance to win a Stir Café gift voucher worth £60.

For all organisations, there is a wide range of support available from Public Health, from assistance on action planning, interactive awareness raising sessions and resources for display. You can find out more [here](#).

New Sugar Smart organisations

Lewisham and Greenwich NHS Trust is the most recent organisations to join the scheme. The Engagement and Wellbeing team have made a number of pledges to encourage departments within the Trust to take action on sugar.

Congratulations to them on kick starting their campaign!

The pledges Lewisham and Greenwich NHS Trust have made are:

- Deliver workshops/displays on sugar content in drinks
- Provide information on healthy food e.g. posters, flyers, training
- Run promotions on healthier food and drink options
- Sign up to the Healthy Workplace Charter
- Work towards healthy food standards, and encourage those organisations you have influence over to do the same

Evaluation

For newly participating organisations, there is an evaluation that aims to capture the experiences of Sugar Smart organisations.

The short online questionnaire is available from here: <https://www.surveymonkey.co.uk/r/SFL9C6B> and all Sugar Smart organisations are encouraged to complete it.

We are also always interested in collecting any feedback, photos or resources Sugar Smart organisations have to share that could benefit others beginning their campaign.

If you have anything you would like to share please send them to sugar-smart@royalgreenwich.gov.uk