

## Actions for Schools & Early Years:

# Self-Assessment and 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.

Once your school/setting register for SUGAR SMART you will have access to a wealth of resources to help carry out some of your sugar smart actions as outlined in the below table.

### STEP 1: Which of the following actions will be most beneficial to your children, staff and parents/ carers when making your school/setting SUGAR SMART?

These actions aim to improve understanding of sugar and its health risks, increase confidence to make healthier choices, improve food provision and get staff and parents/ carers, and pupils to make individual pledges to reduce sugar.

Actions	Plan to do	Already in place
<b>RUN A SUGAR SMART ASSEMBLY</b>		
<b>Run a SUGAR SMART assembly</b> , session or presentation with parents/ carers using the <b>SUGAR SMART assembly</b> PowerPoint, videos and other resources available on the <b>SUGAR SMART website</b>	Yes/No	Yes/No
<b>How to read the label</b> – 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). <b>Resources available on</b> <a href="https://www.nhs.uk/change4life/food-facts/food-labels">https://www.nhs.uk/change4life/food-facts/food-labels</a> and <a href="#">Keeping well and active   Barnet Council</a>	Yes/No	Yes/No
<b>HAVE A SUGAR SMART QUIZ</b>		
<b>Run a SUGAR SMART quiz</b> with parents/ carers with surprising facts about sugar in everyday food and drink. Available on the <b>SUGAR SMART website</b>	Yes/No	Yes/No
<b>SPREAD THE WORD</b>		
<b>Sugar Game: Guess how much sugar is in drinks</b> – also use Sugar Smart App and SUGAR SMART resources available on the <b>SUGAR SMART website</b>	Yes/No	Yes/No
<b>Provide SUGAR SMART fact sheets</b> , infographics and other info on sugar/healthier options to parents/ carers – e.g. newsletter, letter home, meetings with families, put up SUGAR SMART posters, put SUGAR SMART info in newsletters and on your website resources available on the <b>SUGAR SMART website</b>	Yes/No	Yes/No
<b>PROMOTE WATER</b>		
<b>Make sure water</b> is available throughout the day and visible if children are to help themselves. For example: -improve access to water across the setting and sign up to ‘ <b>my schools water only</b> ’ on the following link: <a href="https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit">https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit</a>	Yes/No	Yes/No

-Promote tap water as the standard drink-as a cheaper, healthier and environmentally friendly first choice drink between meals -Early Years check out <a href="https://naturalsourcewaters.org.uk/wp-content/uploads/sites/231/2019/10/NHC-Early-Years-Hydration-Factsheet-FINAL.pdf">https://naturalsourcewaters.org.uk/wp-content/uploads/sites/231/2019/10/NHC-Early-Years-Hydration-Factsheet-FINAL.pdf</a>		
<b>GET KIDS CREATIVE</b>		
<b>Make posters/displays</b> – design posters/displays about sugar, healthy diets and award the best ones	Yes/No	Yes/No
<b>GIVE STAFF COOKING LESSONS AND TRAINING- a series of healthy eating videos are available to download here: <a href="#">Keeping well and active   Barnet Council</a></b>		
<b>Cooking skills classes for staff &amp; parents/ carers</b> – for low/no sugar alternatives	Yes/No	Yes/No
<b>Staff training on sugar</b> – e.g. staff inset days, caterers, health care providers	Yes/No	Yes/No
<b>Train staff serving/supervising meals</b> to encourage fruit and vegetables uptake	Yes/No	Yes/No
<b>Appoint staff &amp; parent/ carer SUGAR SMART Ambassadors</b>	Yes/No	Yes/No
<b>STOCK HEALTHIER FOOD AND DRINK</b>		
<b>Work with your caterers to make healthier options more visible</b> – position them front and centre, “traffic light” system on drinks, limit display of less healthy options	Yes/No	Yes/No
<b>Work with your caterers to provide no/low sugar menus</b> – e.g. fruit/dairy option only on certain days of the week	Yes/No	Yes/No
<b>SUGAR SMART foods offered</b> – at events	Yes/No	Yes/No
<b>Alternatives to birthday cake</b> – give a non-edible present instead	Yes/No	Yes/No
<b>Ban adverts and sponsorship for sugar</b> – make it policy not to advertise or promote sugary foods and drinks in your setting	Yes/No	Yes/No
<b>RUN A SUGAR SMART RECIPE DEMO</b>		
<b>Sugar free breakfast</b> – Provide demos and help children and parents/ carers make better choices for breakfast For ideas check out: <a href="https://www.nhs.uk/change4life/recipes">https://www.nhs.uk/change4life/recipes</a>	Yes/No	Yes/No
<b>PROMOTE SUGAR-FREE PACKED LUNCHES</b>		
<b>Adopt a sugar-free/healthy lunch boxes guidance or policy</b> – share with parents/ carers For ideas check out: <a href="https://www.nhs.uk/change4life/recipes">https://www.nhs.uk/change4life/recipes</a>	Yes/No	Yes/No
<b>GET ACCREDITED</b>		
<b>Get official Healthy Schools London or Healthy Early Years accreditation</b> – to ensure you apply a whole setting approach to support healthy eating. Follow the links below: Schools: <a href="https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/register">https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/register</a> Early Years Setting: <a href="https://www.london.gov.uk/what-we-do/health/healthy-early-years-london/get-an-award">https://www.london.gov.uk/what-we-do/health/healthy-early-years-london/get-an-award</a>	Yes/No	Yes/No
<b>SET SUGAR SMART CHALLENGES</b>		
<b>SUGAR SMART Challenges for early years staff</b> , 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. For ideas check out: <a href="https://www.nhs.uk/change4life/food-facts/sugar">https://www.nhs.uk/change4life/food-facts/sugar</a>	Yes/No	Yes/No
<b>Avoid sugary snacks between meals and limit sugary foods and drinks to meal times</b>	Yes/No	Yes/No
<b>Keep a sugar snack diary for a week</b>	Yes/No	Yes/No
<b>Restrict sweet treats to once a week/weekends</b>	Yes/No	Yes/No

GO FIZZ FREE: Take part in Fizz Free February and recruit people to go fizz free for the entire month, resources available on the <b>SUGAR SMART website</b>	Yes/No	Yes/No
<b>PROMOTE HEALTHY SNACKING</b>		
Support families to make and choose low in sugar, salt and saturated fat snacks by signing up for <a href="#">Attack the Snack</a> and sharing the useful information and resources provided. Sign up: <a href="https://partners.vegpower.org.uk/">https://partners.vegpower.org.uk/</a>	Yes/No	Yes/No
Share the ' <a href="#">Snacktember</a> ' resources which include low in sugar snacking recipes.	Yes/No	Yes/No