

# NYC! GO SUGARY DRINK FREE



*How to implement a “sugary drink free” week at your organization*

**TO COMBAT OBESITY AND PROMOTE HEALTH** at your workplace, go sugary drink free! Please consider committing to **at least two of the activities** on this checklist.

- HAVE MANAGERS/ADMINISTRATORS GO “SUGARY DRINK FREE” FOR A WEEK.**
  - Publicize that the manager(s)/administrator(s) are going “sugary drink free.”
  - Encourage other employees to do the same.
  - Announce daily what the manager(s)/administrator(s) are drinking instead!
  
- HOST AN EVENT TO ENCOURAGE EMPLOYEES TO GO “SUGARY DRINK FREE” FOR A WEEK.**
  - Distribute the provided “Go sugary drink free” commitment sheet to employees, and encourage them to commit to a “sugary drink free” week.
  - Design a display to highlight the number of participating employees.
  - Encourage friendly competition among divisions to see which division has the most employees going “sugary drink free.”
  
- EDUCATE EMPLOYEES ABOUT THE HEALTH CONSEQUENCES OF CONSUMING SUGARY DRINKS.**
  - Include information about the health consequences of sugary drink consumption in the company’s newsletter.
  - Hang posters that promote consumption of healthy beverages; for posters, contact the Health Department at [drinkingfat@health.nyc.gov](mailto:drinkingfat@health.nyc.gov) or call 311.
  - Get families involved. Have employees ask their children to create posters and other signage about going “sugary drink free.”

**ARE YOU POURING ON THE POUNDS?**