

# NYC! GO SUGARY DRINK FREE



## How to implement a “sugary drink free” week at your school

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

- HAVE THE PRINCIPAL COMMIT TO GOING “SUGARY DRINK FREE” FOR A WEEK.**
  - Publicize throughout the school community that the principal is going “sugary drink free.” Encourage other staff, administrators and students to do the same.
  - Announce daily what the principal is drinking instead!
  
- HOST AN EVENT TO ENCOURAGE STAFF, STUDENTS AND PARENTS TO GO “SUGARY DRINK FREE” FOR A WEEK.**
  - Distribute the provided “Go sugary drink free” commitment sheet to students, staff and parents, and encourage them to commit to a “sugary drink free” week.
  - Design a display to highlight the number of participating people and the amount of sugar not consumed. For example, the display could feature paper bottles, spoons, or stickers that each represent an amount of sugar saved.
  - Encourage friendly competition among grades to see which grade has the most students going “sugary drink free.”
  
- EDUCATE STAFF, STUDENTS AND PARENTS/CAREGIVERS ABOUT THE HEALTH CONSEQUENCES OF CONSUMING SUGARY DRINKS AND PROVIDE INFORMATION ABOUT HEALTHY ALTERNATIVES.**
  - In the classroom, talk about both the appeal and health consequences of sugary drink consumption. Here are some resources:
    - Food Day: Helping Youth Eat Real, a classroom curriculum to transform youth and their communities (pages 47-52): <http://foodday.org/files/Food-Day-Lessons.pdf>
    - Are You Pouring on the Pounds? materials: [www.nyc.gov/health/drinkingfat](http://www.nyc.gov/health/drinkingfat)
    - Missouri Dental Association’s Stop the Pop presentation: <http://www.modental.org/mx/hm.asp?id=stopthepop>
  - Organize learning stations where students, staff, and parents can measure out the amount of sugar in popular drinks.
  - Broadcast over the loudspeaker a daily announcement about healthy beverages.
  
- CREATE POSTERS AND OTHER SIGNAGE ABOUT GOING “SUGARY DRINK FREE.”**
  - Organize a poster contest, encouraging students to design posters about the health consequences of sugary drink consumption.
  - Have students create signs for “sugary drink free” zones around your school.

# ARE YOU POURING ON THE POUNDS?