

Step-by-Step Guide to Sugar Smart

Register to join the campaign:

1. Click on the link below to join the Sugar Smart campaign

https://www.sugarsmartuk.org/get_involved/take_a_pledge/

2. Complete the sign up form and click 'Let's Get Started'

JOIN SUGAR SMART

WORKING TOGETHER TO REDUCE SUGAR

We support schools, universities, hospitals, businesses and other organisations that serve, sell or can advocate for better food and drink. Please register below to work with us.

Alternatively if you would like to coordinate a SUGAR SMART campaign in your area [click here](#) to find out how you can become SUGAR SMART.

We are a school, university, hospital, business or other organisation that offers food and drink, or promotes healthy eating messages to our community.

SECTOR* ✓

Workplaces

ORGANISATION NAME*

FIRST NAME* **LAST NAME***

ROLE **CONTACT NUMBER***

EMAIL* **POSTCODE***

PASSWORD* **CONFIRM PASSWORD***

WEBSITE

I understand that I am giving the above data to Sustain, and SUGAR SMART's organising partners in my area and I hereby opt in to receive their communication. (Please note, we will never share your data with third parties, please see our [Data privacy & cookies policy](#)).

LET'S GET STARTED



3. Once you sign up you will receive a 'Sugar Smart UK: registration confirmation' email. Click on the link in the email and log into your account with your username and password. **When you first log in you will need to tick to accept the 'Terms and Conditions.'** If you don't do this step your account will not become 'active' and will not appear on our portal.

4. Your account is now active and you can explore the Sugar Smart website and access your 'Dashboard' and pledge your Sugar Smart actions!

Pledge actions:

1. When you access your Sugar Smart 'Dashboard' you will see 14 Sugar Smart 'actions' you and your workplace can pledge to work towards. Some examples are shown below:

 <p>BAN PRICE PROMOTIONS</p> <p>Ban price promotions on sugary drinks and snacks such as discounts, multi-buys, free items or meal deals.</p> <p>TELL ME MORE</p>	 <p>ESTABLISH SUGAR-FREE CHECKOUTS</p> <p>Ensure there are no sugary drinks and snacks for sale at checkout areas to discourage impulse buying.</p> <p>TELL ME MORE</p>	 <p>GET ACCREDITED</p> <p>Get accredited by an external organisation to ensure the food and drink you serve is healthy for people and planet.</p> <p>TELL ME MORE</p>
 <p>HAVE A SUGAR SMART QUIZ</p> <p>Run a quiz with surprising facts about sugar in everyday food and drink.</p> <p>TELL ME MORE</p>	 <p>IMPROVE VENDING OPTIONS</p> <p>Remove sugary items from vending machines and display information about the amount of sugar in everyday food and drink.</p> <p>TELL ME MORE</p>	 <p>GIVE STAFF COOKING LESSONS</p> <p>Get your colleagues to take part in a cooking course and promote low or sugar-free recipes.</p> <p>TELL ME MORE</p>
 <p>INCREASE THE PRICE OF SUGARY DRINKS</p> <p>Increase the price difference between</p>	 <p>PROMOTE WATER</p>	 <p>INTRODUCE A SUGAR LEVY</p>



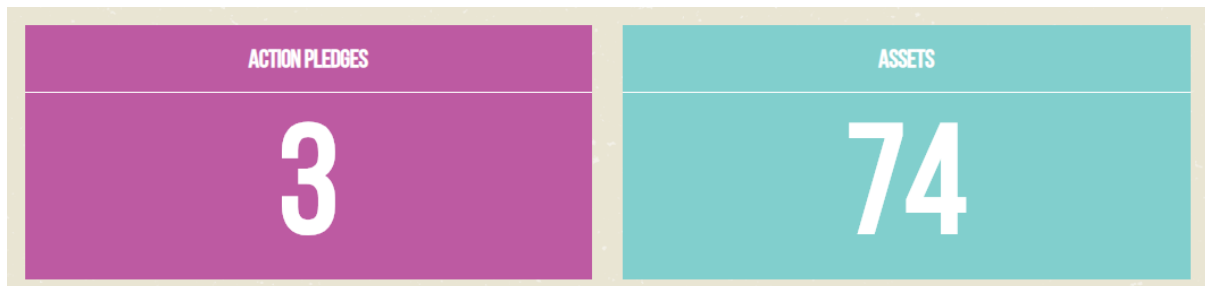
2. Click **'Tell me more'** for me information about each pledge and lots of useful resources.

TELL ME MORE

3. Click **'Let's do it'** to pledge to complete an action.

LET'S DO IT

4. Your dashboard will now show how many actions you are working towards.



5. Pledge to complete at least **1** action. **This is required to achieve the healthy eating core criteria for the Healthy Workplace Award.**



Accessing assets:

1. Click the 'assets' tab to access lots of useful free resources you can use to promote Sugar Smart in your workplace

ACTIONS	ASSETS		
CAMPAIGN ASSETS -			
Cornwall logo	Cornwall Sugar Smart logo	JPG	124kb
Cornwall print logo	Print version of the Cornwall Sugar Smart logo	EPS	1200kb
Kernow logo	Kernow Sugar Smart logo	JPG	123kb
Kernow print logo	Print version of the Kernow Sugar Smart logo	EPS	1200kb
A4 Poster 5 a day	Your body needs fruit and vegetables... eat 5 a day	pdf	91kb
A4 Poster ads	Eat veg - Don't believe the ads	pdf	91kb

2. You can find specific resources for each action by clicking on the campaign assets drop down.

ACTIONS	ASSETS
CAMPAIGN ASSETS -	
	Ban price promotions assets
	Establish sugar-free checkouts assets
	Get accredited assets
	Give staff cooking lessons assets
	Go Fizz Free assets
	Have a SUGAR SMART quiz assets
	Improve vending options assets
	Improve vending options for Fizz Free February assets
	Increase the price of sugary drinks assets
	Introduce a sugar levy assets
	Promote water assets
	Promote water for Fizz Free February assets
	Remove sugary drinks assets
	Remove sugary drinks for Fizz Free February assets
	Set SUGAR SMART challenges assets
	Sign up to healthy workplace schemes assets
	Spread the word assets
	Stock healthier food and drink assets

**For more information and help with Sugar Smart
Please contact us at Healthy Workplace**