

Sugar Smart Barnet: Support for Early Year's and Schools

Nationally



Sugar Smart UK

- As part of [Sugar Smart UK](#), upon signing up to the campaign, you obtain access to a wealth of Sugar Smart resources provided by the campaign founders Sustain. Please log in to your Sugar Smart account to access this.



Change 4 life

- [Change 4 life](#) is a national campaign that provide resources, recipes, and activities to help children and families to live healthier lifestyles, including reducing their sugar consumption.



Food a Fact of Life

- [Food a fact of life](#)- Provide an array of useful nutrition teaching resources to educate children & young people about sugar.



Public Health England (PHE)

- [The PHE schoolzone](#) offers a range of flexible nutrition resources across different subject areas – designed for use throughout the school year to encourage pupils to build healthier habits for life.



Action on Sugar

- [Action on sugar](#)-This charity who are responsible for sugar awareness week (8th -12th November) provide a range of resources that aim to educate the public on sugar.

Local support



The Children & Young People's public health team

- We are leading on the Sugar Smart Barnet campaign for schools & early year's settings. We will be providing training, advice and can signpost you to other support as required for e.g., local agencies who can assist with and deliver health promoting activities within the school. [Click here](#) to get in touch.



Healthy Early Years' (HEYL)/Schools London (HSL)

- If you are registered with HSL, you can obtain support and advice through the HSL programme (and being part of the campaign could contribute towards the achievement of a HSL award). [Click here](#) for more details.



Local health teams/services

- For advice and support with health promoting activities for e.g., assemblies and workshops, the following may be able to assist depending on capacity and eligibility: [Oral health team](#), [Healthy weight nurses \(-CLCHT.AdminHWNSTeam@nhs.net\)](#) and [GLL Xplore \(xplore.barnet@gll.org\)](#) (<https://www.barnet.gov.uk/health-and-wellbeing/pregnancy-and-early-years/healthy-weight-children>).



The Sugar & trans fat project

- For secondary schools only: 'The Sugar & Trans fats project' which aims to empower students to make an informed choice about their sugar and trans-fat consumption and is run by an experienced nutritionist who offers workshops, teaching materials and much more. To find out more information, please contact [Yinka Thomas](#).

Check out our website:

<https://www.barnet.gov.uk/sugarsmart>