

<https://www.youtube.com/watch?v=5dR22hbln6w>





DEFEAT
The Sweet

What is Defeat the Sweet?

Sugar reduction scheme for schools

- Is a scheme for schools to help reduce sugar across the school day
- Commit to minimum of 7 pledges all of which aim to educate and/or reduce sugar



The Pledges –

- Water/milk are the only permitted drinks – compulsory
- Sweets and chocolate bars are not allowed in packed lunches - compulsory
- We have a Whole School Food Policy
- Our caterer limits sugar to 8g per portion in desserts
- We only allow fruit and vegetables at snack time
- No food/drink rewards/treats offered
- We hold at least one assembly on healthy eating a year
- In cookery lessons we cook savoury or fruit based dishes only
- We provide information to children/families on healthy eating
- We participate in National Smile Month



Change 4 Life Video...

- https://www.youtube.com/watch?v=5T0D_8OwvOk&t=4s



Why are we participating?

- Sugar widely known to damage health
- Data in Lincolnshire show action is needed to protect children's health (oral health and weight)
- Most people consume far more than their daily recommended limit
- Schools frequently use sweets and cakes for rewards and allow confectionery to be brought into school
- To broaden parent's knowledge around basic diet and nutrition so they can better support children to embed good habits for life



Impact of excess sugar on children's teeth

- Between 2021-2022 in the UK 42,180 General anaesthetic operations for removal of teeth in 0-19 year olds.
- One in four 5 year old children in Lincolnshire has tooth decay
- Children living in areas of deprivation are 3 times more likely to get tooth decay
- At the last survey 23.7% of children in England had dental decay – in some areas of Lincolnshire rates were higher than average
- In some Lincolnshire wards, dental decay in children is at 50% (Skirbeck,)



Unhealthy food habits are not only bad for your body but your mind to!



<https://www.youtube.com/watch?v=QNeiwTFqx4w>



What about sweeteners?

https://www.youtube.com/watch?v=9w_dkxF4w8g

What about 'no added sugar' drinks?



Sugar-free fizz is still bad for teeth

The fizz in sugar-free drinks is still acidic, and can cause tooth erosion

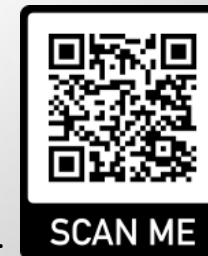


Added "fruit juice from concentrate" is added sugar

These are naturally occurring sugars but are classed as 'free sugars' which cause dental decay. These are also acidic.

READ THE LABEL!

Scan the QR code for our YouTube video on acidic drinks.



How will the project work?

- Each week there will be a parent hub message sent out to inform parents what the focus will be for that coming week!

So far we have had:

- Only water in classrooms
- No sweets in packed lunch boxes
- And this week is NO CHOCOLATE BARS!

Staff will have Defeat The Sweet cards to give to children who need reminding of what challenge we are working on this week.

The aim is once the week's challenge is completed then this continues... we don't just go back to old habits!



Remember: To try and make healthy choices!

- https://www.youtube.com/watch?v=PWE_UMno5P8



Useful resources

[Sugar: the facts - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Action on Sugar - Action on Sugar](#)

[Children consume more than a year's worth of sugar in 6 months - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Sugar calculator - Food facts - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

