

# Let's go

## Fizz Free this February!

In February 2021 we are encouraging children and adults in Tower Hamlets to give up fizzy drinks during February in order to reduce their sugar intake, lose weight, save money and keep their teeth healthy.

Research from 2020 found that living with excess weight puts people at greater risk of serious illness from COVID-19, so **#gofizzfree!**

### Did you know:

- You can save £438 a year if you stopped drinking one bottle of soft drink per day for a year. (Source: GULP)
- Drinking just one 330ml can of fizzy drink a day could add up to over a stone weight gain per year. (Source: GULP)
- Tooth decay is the leading cause for hospitalisation among five to nine year olds in the UK, with 26,000 children being hospitalised each year due to tooth decay - in other words, 500 each week. (Source: Action on Sugar).

Save money, lose weight and keep your teeth healthy!

**#gofizzfree** this February!



## Top Tips to get Fizz Free

- We know that children are more likely to repeat behaviour that earns praise or encouragement. As we are all in lockdown, how about making it a family affair, where you can all praise and encourage each other. Use the 2021 Fizz Free calendar to tick off every day you have stayed fizz-free.
- We also know that rewards can make praise and encouragement work better. Why not think about a whole family reward to do together, for additional motivation to stay fizz free ?
- You will know what reward works best, but here are a few ideas: cooking or baking your family's favourite recipe, arranging a family game or movie night, having an arts & craft day one weekend or organising a family scavenger or treasure hunt ect !

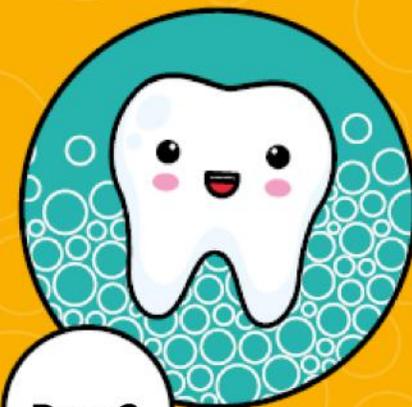
# SUGAR SMART

Tower Hamlets

# FIZZ FREE FEBRUARY 2021

**FORGET FIZZY DRINKS THIS FEBRUARY!**

Colour in or tick every day you stay away from fizzy drinks



Day 1	Day 2					
Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16
Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23
Day 24	Day 25	Day 26	Day 27	Day 28		



Your name: .....

Your school: .....

**Congratulations!**  
**You made it through**  
**the whole month!**