

# Our Healthy Year challenges:

## Sugar swap

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Sugar swap. There are some ideas about how you can reduce the amount of sugar in your family's diet below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to make some sugar swaps?



### Sugar swap

- Go to the supermarket and try using the **Sugar Smart App** to see how much total sugar your favourite drinks and foods contain. Find out how to get the App on the Change4Life website. Search **Change4Life**.
- Make a sugar-free recipe – Search **Change4Life** for ideas!
- Spot the hidden sugar – look in your cupboards and check the labels on the tins and packets. Which things have sugar in them that you wouldn't expect to?
- Swap a sugary snack for a healthier one in your lunch box or at home.

