

Is Your Organization Sugar Savvy?

Step 1 – Why make our organizations sugar savvy?

[Ask the audience] Why would you care if your workplace, youth group, community or faith organization regularly offers sugary beverages and snacks to you (and your friends/family/children?)

[After giving them a chance to answer] Do any of these answers make sense to you?

- ❖ “My friends and I want to be healthy when we’re working out after school—we don’t need drinks with a lot of added sugar – water works better.”
- ❖ “With so many of us struggling with overweight and obesity, the last thing we need after church is pie and cookies.”
- ❖ “We’re at work all day long. If we have to face a display of sweet drinks and baked goods, it’s hard to eat right – even when we bring a good lunch from home.”
- ❖ “I don’t mind having cake for people’s birthdays once or twice a month, but when it’s every other day my clothes aren’t fitting so well anymore.”

Step 2 – What can we do?

[Ask the audience] Where can we make changes in groups and organizations to decrease sugar-sweetened beverages and snacks?

Acknowledge answers while revealing large pieces of paper, each with one of the following access points written in big block letters. Fill in the “Other” sheet as needed.

Community Events Meetings Snacks and Meals Celebrations Fundraising
Snack Bar Other

Then, pass out sticky note (approximately 4” x 6”) with the following strategies—it’s fine to distribute more than one of each:

- ❖ Only serve water or unsweetened drinks
- ❖ Group birthday celebrations together to decrease the number of parties with cake
- ❖ Serve healthier options such as water flavored with fruits and veggies
- ❖ Provide fresh fruit, nuts, pretzels, hard-cooked eggs or string cheese as options
- ❖ Agree to serve only water or low-fat milk to children
- ❖ Sell wrapping paper or refillable water bottles instead of sweets
- ❖ Stop serving sweetened beverages
- ❖ Ask parents to bring a healthy snack instead of cupcakes
- ❖ Acknowledge special events or success with non-food incentives



This material was produced by the California Department of Public Health’s Network for a Healthy California funding from USDA SNPA, known in California as CalFresh (formerly Food Stamps.) These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net The Sugar Savvy curriculum was originally developed by Alameda County Nutrition Services.



Call on people to read their strategy and decide which access point it belongs to.

Ask each person to put their sticky note on one of the large sheets of paper with access points. Many strategies will belong to more than one access point so you can ask: “Does anyone else have that strategy—where else might it go?”

The “other” option on the access point sheet can accommodate other more ideas venues, such as vending machines, corner stores, etc.

Step 3 – What’s Next?

Pass out 4” x 6” stickies or half sheets with:

Today, I pledge this practice _____ and ask participants to post them at their desk at work or home as reminders. (Note: “practice” refers to one of the strategies in Step 2 above.)

- ❖ Ask 3-4 participants to share what they wrote.
- ❖ Commend participants for their enthusiasm and intended next steps

For train-the-trainer workshops, ask participants to complete the *Sugar Savvy Organizational Assessment* and sign your *Pledge Form*. Let them know about BANPAC incentives for organizations that pledge the practice, pass the policy, and provide an implementation plan!

- ❖ Then ask 2-3 people to share their ideas for change.



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