

Let's tackle sugar together!

[Sugar Smart Exeter](#) needs your help - the initiative aims to improve the food environment and contribute to reducing the concerning levels of sugar consumption locally.

As a community led initiative, anyone who is interested can get involved. No matter how small or big a contribution you wish to make, it is all important!

By coming together as a community we can start to make a real difference.

The things we would especially appreciate help with are listed below, but if you have other ideas please do get in touch!

- **Use our advocacy pack and encourage one or more organisations to make a Sugar Smart pledge**

This could include an organisation you already have a relationship with (e.g. your employer, gym) or an organisation you would particularly like to see Sugar Smart action. Get in contact if you are interested and we will share our advocacy pack with you. This will be downloadable from www.exeterfoodnetwork.org.uk/sugar-smart soon.

- **Take part in public events**

We often get opportunities for Sugar Smart Exeter to be part of local public events. We would very much appreciate having people who would like to get involved in events to get chatting to people and spreading Sugar Smart messages!

- **Use social media to post Sugar Smart messages, pictures and activities**

If helpful, we can provide example social media posts and activities. Please use **#sugarsmartexeter** so we can see all the great activity that goes on!

- **Become a Sugar Smart ambassador**

If you are especially passionate about creating a healthier food environment and reducing sugar consumption locally, you may be interested in becoming a Sugar Smart ambassador.

This voluntary role would involve spreading Sugar Smart messages in your local communities and getting in contact with organisations to encourage them to sign a pledge to take Sugar Smart action.

We are working on putting together training and an information pack to support and enable ambassadors to do great work locally.

- **Sugar Smart online activity e.g. blog posts**

Any online activity is great, so if you often post online on a blog for example, a Sugar Smart focus would be great!

○ **Items for Sugar Smart Exeter newsletter**

If you have anything that could be included in the Sugar Smart Exeter newsletter, please do share. This could be Sugar Smart recipes, example activities that have been done locally or anything else you think is relevant! Send items to sugarsmartexeter@gmail.com

○ **Audit of target retail outlets or restaurants for evaluation in Exeter**

We have created a simple audit tool to help us evaluate the effectiveness of the Sugar Smart Exeter initiative. We would very much appreciate help carrying out these audits on our identified target organisations, which involves assessing food outlets against Sugar Smart criteria including price promotions and advertisement of sugary foods and the availability of healthy options.

The Sugar Smart Exeter team have limited capacity (although plenty of enthusiasm!), so any contribution is extremely valuable and will help Sugar Smart have a real impact on our health.

If anything listed is of interest to you, or you have your own Sugar Smart ideas, please do get in touch with us at sugarsmartexeter@gmail.com

Many thanks from the Sugar Smart Exeter team!

