

NYC! GO SUGARY DRINK FREE

 *How to implement a “sugary drink free” week at your organization*

TO COMBAT OBESITY AND PROMOTE HEALTH at your workplace, go sugary drink free! Please consider committing to **at least two of the activities** on this checklist.

HAVE MANAGERS/ADMINISTRATORS GO “SUGARY DRINK FREE” FOR A WEEK.

- Publicize that the manager(s)/administrator(s) are going “sugary drink free.”
- Encourage other employees to do the same.
- Announce daily what the manager(s)/administrator(s) are drinking instead!

HOST AN EVENT TO ENCOURAGE EMPLOYEES TO GO “SUGARY DRINK FREE” FOR A WEEK.

- Distribute the provided “Go sugary drink free” commitment sheet to employees, and encourage them to commit to a “sugary drink free” week.
- Design a display to highlight the number of participating employees.
- Encourage friendly competition among divisions to see which division has the most employees going “sugary drink free.”

EDUCATE EMPLOYEES ABOUT THE HEALTH CONSEQUENCES OF CONSUMING SUGARY DRINKS.

- Include information about the health consequences of sugary drink consumption in the company’s newsletter.
- Hang posters that promote consumption of healthy beverages; for posters, contact the Health Department at drinkingfat@health.nyc.gov or call 311.
- Get families involved. Have employees ask their children to create posters and other signage about going “sugary drink free.”

ARE YOU POURING ON THE POUNDS?