**Change 4 Life Nutrition Campaign 2019**

**Newsletter 2**

**January 2019**

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwju05TY_rrKAhXI7w4KHcFXDIwQjRwIBw&url=http://polarityfilms.com/news/change4life-sugar-swaps-campaign/&psig=AFQjCNFx_uPa6OR5RiKBejeCguVLWr4gmg&ust=1453468580701201)

***Resources***

Great news, they have arrived…please order and collect your leaflets and posters from the Public Health Resource Centre, telephone 0113 378 6200 or phrc@leeds.gov.uk

***Take Home Pack***



This interactive leaflet contains several pages of activities to be completed. It is split into the four lands of Breakfast Town, Yoghurt Peak, Gulp City and Pudding Farm. You have to work through the different activities trying to stop the sugar cube invaders and save the sugar smart world, which will make all of us much healthier.

**Children Centre’s Toolkit**

* Contains activities to encourage healthy eating habits in young children
* Contains songs and ideas for sugar swaps
* Keeping our teeth healthy activities
* Certificate to be coloured in and put on the fridge as a handy reminder

**Library Toolkit**

* Contains three different activities to help you support families to make positive changes to their diet, with a particular focus on reducing sugar intake
* Activity sheets to hand out to families
* Posters to display
* 12 cards for the Sugar Swap Hunt

***Both, these toolkits will be delivered from mid to end of January.***



**Simple swaps ideas**

***Competition***

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiB-L6Xue3fAhWEblAKHfgWC6cQjRx6BAgBEAU&url=https://summerreadingchallenge.org.uk/competition/design-animal-agent&psig=AOvVaw3Ybm6UdUOlOo3xov1XdQGb&ust=1547561235213480)

This is your chance to win a prize. We will be running two competitions, one for community partners and one for schools.

**Partners Competition** - We have **£100 and £50** **Love2Shop vouchers** to give away to two organisations that can describe how they took part in the campaign with their creative ideas. To take part please send a description of what you did with photos to Deb or Emma by 29th March 2019.

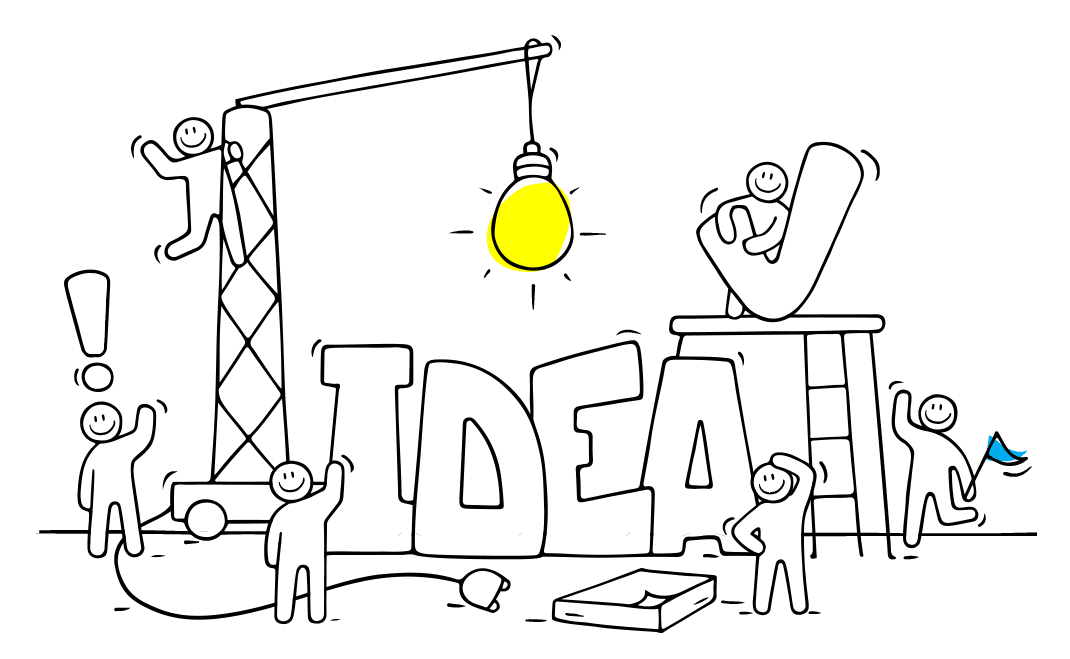
**Schools Competition** – We have several fantastic prizes, a healthy eating workshop, a fine dining experience and £100 Love2Shop vouchers.

**How to win**

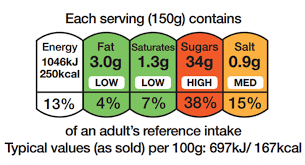
**There are two ways you can win a prize**

1. **Just take part in the campaign and send us your evidence!** 
   1. This could simply be an email to describe what your school did to take part or some examples of creative and exciting swaps.
   2. Send in photos of what you did.
   3. The more detail and exciting things you tell us, the more likely you are to win!
2. **Deliver the NEW Maths, English and D&T lessons to your pupils** 
   1. You can download the FREE lesson plans for KS1 and KS2 at <https://campaignresources.phe.gov.uk/schools>
   2. Tell us what you did and send us the evidence e.g. “we delivered the maths lesson to 60 pupils on Tuesday 20th January”.

**Send all evidence, emails and photos to** [**Siobhan.o’mahony@leeds.gov.uk**](file:///C:\Users\20102414\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\JHTCIYLA\Change4life%202019%20–%20Make%20a%20swap%20when%20you%20next%20shop!)

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**Please share with us what you are doing to support the campaign, we would like to know how the materials are used and about the great activities you create with your groups. You may win some vouchers too.**

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**SAVE THE DATE Monday 18th February – “Want to know more about Food Labelling”**

**To view the flier and book your place please visit:** [**https://www.leeds.gov.uk/phrc/public-health-training/want-to-know-more-sessions**](https://www.leeds.gov.uk/phrc/public-health-training/want-to-know-more-sessions)

***Most importantly*** ***please let us know what you are doing to support the campaign?***

***For any questions, more information or to share what you are doing please contact:***

***Deb Lowe –*** [***deborah.lowe@leeds.gov.uk***](mailto:deborah.lowe@leeds.gov.uk) ***Emma Strachan –*** [***emma.strachan@leeds.gov.uk***](mailto:emma.strachan@leeds.gov.uk)