

# Fizz Free February

Family Activity Pack  
2024



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[www.leicester.gov.uk/healthyteethhappysmiles](http://www.leicester.gov.uk/healthyteethhappysmiles)



# Fizz Free February

## It's February, it's time to kick the fizz.

This February, Leicester City Council are encouraging citizens, families and organisations to go Fizz Free.

Fizzy drinks are the largest single source of sugar for children aged 11 to 18. They provide an average of 29% of daily sugar intake with most containing 6 or more teaspoons of sugar per can.

Fizz Free February is a great way to reduce your sugar intake by cutting out fizzy drinks. By committing to going fizz free for the entire month of February, it will make cutting down on fizzy drinks easier for the rest of the year.

Fizz Free February was launched by Southwark Council in 2018 as a way to reduce fizzy drinks consumption across the London borough, SUGAR SMART (Sustain) joined forces with Southwark in 2019 to take the campaign national, and we recognised the importance of getting involved.

This activity pack has been developed by the Public Health Team at Leicester City Council to help families and organisations go Fizz Free for February.



# Fizz Free & Oral health

## Facts

Fizzy drinks can be very high in sugar, so regularly drinking them can increase your risk of developing tooth wear and tooth decay.

Fizzy and carbonated drinks contain acids which can cause our teeth to become sensitive to hot and cold temperatures. Acids can also react with minerals in our tooth enamel, leading to discolouration, and weakening of our tooth structure, causing it to chip or break away more easily.

## Did you know?

- Playing with fizzy drinks in our mouths by swirling and swishing them around can lead to tooth wear.
- Many fizzy drinks contain lots of 'Free Sugars,' which are sugars that do not occur naturally. If we consume too many of these sugars, our teeth can become weak and start to decay.
- On average, just one small bottle (300ml) of fizzy cola can contain as much as 9 cubes of sugar. This is more than the recommended allowance for adults per day.

## Top Tips

- Brush teeth twice a day for 2 minutes, once at bedtime and one other time throughout the day with a fluoride toothpaste.
- Spit out your toothpaste after brushing, and don't rinse with water afterwards. The active ingredient in toothpaste is fluoride. It is great for protecting our teeth, but it needs time to soak in without being washed off.
- Keep sweet foods and sugary drinks to meal times to reduce acid attacks on your teeth. This includes fruit juices and smoothies up to 150ml.
- Visit the dentist regularly for exams and tooth friendly advice!

For information on how to find a dentist near you, check out:  
[www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)





# Fizz Free & Keeping healthy

## Facts

Excessive sugar intake is associated with an increased risk of developing type 2 diabetes. Since 2006, the number of children currently receiving treatment for type 2 diabetes, has increased by over 50%

Children should aim eat at least 5 different types of fruit and vegetables each day, but the portion size depends on their size and age. To make it easier, as a rough guide, 1 portion of fruit and vegetable for a child is the amount they can fit into the palm of their hand.

[www.nhs.uk/live-well/eat-well/5-a-day/why-5-a-day](http://www.nhs.uk/live-well/eat-well/5-a-day/why-5-a-day)

## Did you know?

- Natural fruit juices and smoothies still contain high levels of natural sugar. Sticking to water and milk is a great way to reduce the amount of sugar in your diet.
- Children should aim to be active for at least 60 minutes per day, every day of the week. Ensure they are keeping hydrated by drinking water, which provides physical benefits and helps with concentration.

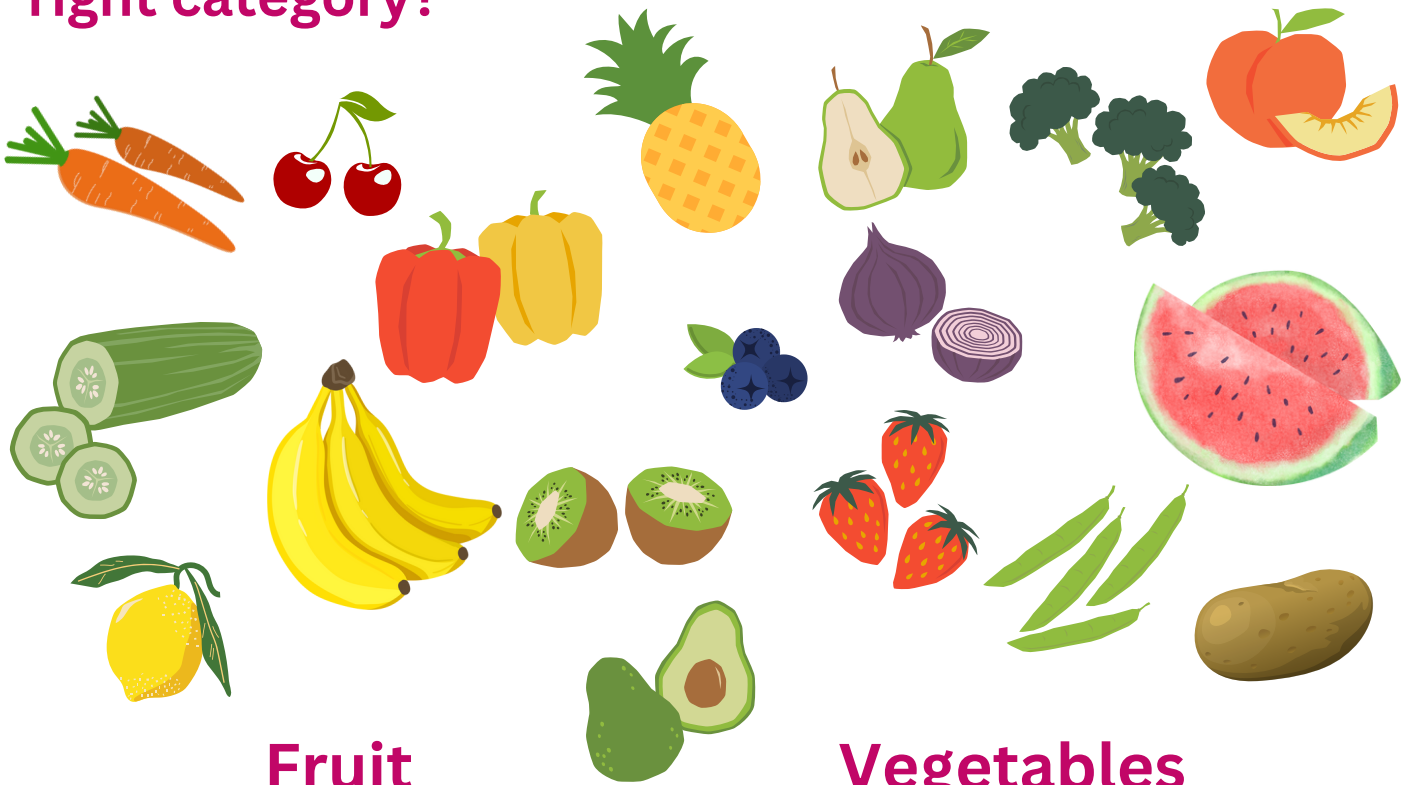
## Top Tips

- Stay strong, healthy and hydrated, by drinking water and milk. For more information on helping your family keep fit, please see [www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/](http://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/)
- If getting vegetables into your child's diet seems like a daily battle, try roasting some vegetables in the oven and blending together to make a sauce. Simply mix into pasta, or use as a sauce when making yummy homemade pizzas. Alternatively, use as a sauce for any dish using mince, the list is endless!
- Get children involved in the cooking. Talk through the ingredients you are using, for example how some vegetables are grown. Cooking together can teach your child lots of valuable skills and you will have a little helper in the kitchen!



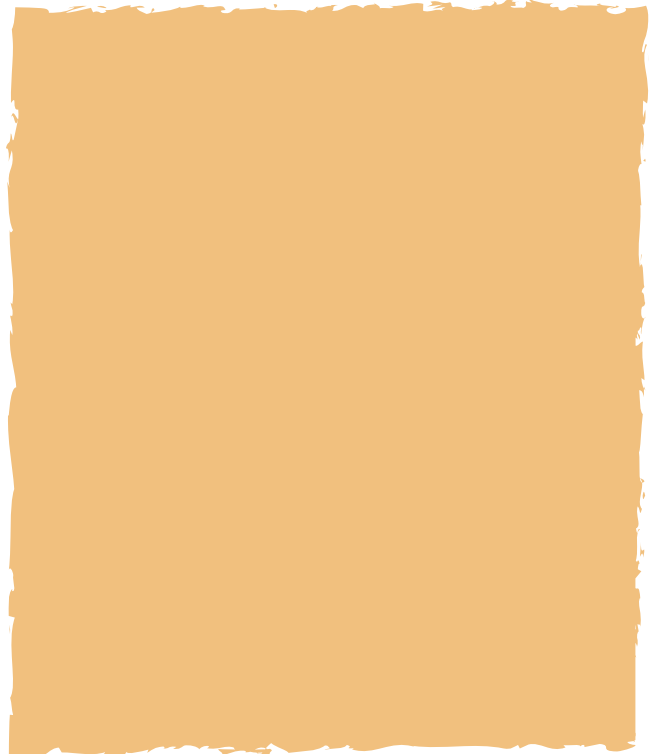
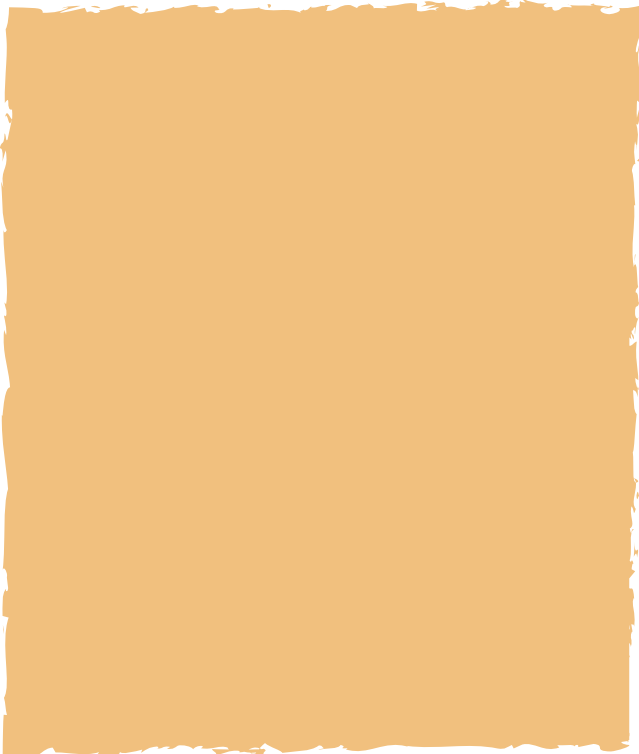
# Fruit & Vegetables

Can you match each of these drawings to the right category?



**Fruit**

**Vegetables**



# Fizz Free & Money

## Facts

Fizzy drinks make up large amount of the sugar tax which was introduced in 2018 in the UK. The tax was introduced as a measure to reduce the consumption of high sugar beverages and address health concerns related to high sugar intake. By consuming high sugar and fizzy drinks, this could mean you are paying around 24p per litre more than their healthier counterparts.

By giving up one 500ml bottle of branded fizzy drink each day for 365 days, you could save up to £580 this year!

## Did you know?

- The market size of the soft drink production industry in the UK is currently measured at around £5.7bn.
- If everyone in England halved their maximum intake of sugar, in five years we could save the NHS £500m every year

## Top Tips

- Try homemade herbal, green or soya teas as a healthy budget friendly alternative to fizzy drink
- Always keep a refillable water bottle with you to give yourself something to sip on.
- Whilst eating out or dining out, choose water or other non fizzy alternatives to lower the cost of your overall dining expense.
- Eliminate fizzy drinks from your shopping list, helping to free up funds for alternative healthier and cost effective beverage options.



# Savings Challenge

## What you will need

- Empty jar or piggy bank
- Paper slips
- Pen

Take part in our savings challenge to see how much you could save by going Fizz Free this February!



## Instructions

- 1** Find an empty jar or piggy bank to collect your savings. You may wish to write your name or decorate with your favourite colours.
- 2** Each day you decide to keep up with Fizz February, add a small amount of play money (or actual coins) to the jar, for the cost of each drink missed.  
For example each time you miss a 330ml can of fizzy pop, you could put £1.10 or play money amount, into the jar.
- 3** As the weeks go on, start to see your jar fill up with play money or coins from becoming fizz free!

**Keep going, you are nearly there!**

- 4** By the end of the February, count up all of the contents of your jar, to see how much you have saved throughout the month.
- 5** Celebrate your fizz free savings and how you could plan to cut down for the rest of the year.

**Well Done!**



# Fizz Free & The environment

## Facts



Fizz Free February not only impacts our health but it also impacts the environment. The drinks themselves, the sugar they contain, and the plastic bottles and aluminium cans all have an impact on our environment.

Lots of plastic bottles end up in landfill or pollute our oceans. Even though aluminium cans are more climate conscious, as they can be recycled, they too also have an impact.

The sugar in fizzy drinks isn't just bad for our overall health, it also has a big environmental impact, as it takes a lot of water to create the sugar used from sugar cane and sugar beet.

## Did you know?

- One can of 330ml can of cola embodies the equivalent of 170g CO<sub>2</sub>. A can of diet cola is only marginally less impactful at 150g CO<sub>2</sub>. A glass of tap water uses 0.03g CO<sub>2</sub>.
- The UK land used to grow sugar beet, a key fizzy drink ingredient, is equivalent to the land used for all other vegetable crops combined.
- Sugarcane, another main ingredient, is a major contributor to deforestation. To meet current demand, farmers will need to cultivate nearly 50% more land by 2050.
- In the UK, 43% of soft drink bottles are not recycled after use. These bottles take 400 years to fully decompose.
- It takes up to 310 litres of water to make one 500ml bottle of fizzy drink.

## Top Tips

- Choose tap water over bottled drinks to help reduce the production, transportation and disposal of plastic bottle.
- Try using a reusable bottle, especially when you are on the go. This reduces the need for single-use plastic to help reduce waste.
- Make homemade refreshments by creating your own flavoured water or iced tea before leaving the house. This could include natural ingredients such as fruits, herbs and spices.
- Reduce overall consumption. By reducing our overall fizzy drink consumption, not only will you see the benefits to your health, but the environmental impact.

# True or False?

Can you guess if the statements below are true or false?

- Plastic bottles are always recycled
- Plastic bottles take a very short time to bio degrade
- Growing ingredients for Fizzy Drinks has an impact on the environment
- Drinking water is better for the environment

## Answers

- Plastic bottles are always recycled

**False**

In the UK, 43% of soft drink bottles are not recycled after use. These bottles take 400 years to fully decompose.

- Plastic bottles take a very short time to bio degrade

**False**

Plastic bottles can take up to 400 years to biodegrade, depending on the type of plastic

- Growing ingredients for Fizzy Drinks has an impact on the environment

**True**

Sugarcane, another main ingredient, is a major contributor to deforestation. To meet current demand, farmers will need to cultivate nearly 50% more land by 2050. Intensive sugar farming leads to soil erosion and degradation. This releases large amounts of chemicals into the environment.

- Drinking water is better for the environment

**True**

One 330ml can of cola embodies the equivalent of 170g CO<sub>2</sub>. A can of diet cola is only marginally less impactful at 150g CO<sub>2</sub>. A glass of tap water only uses 0.03g CO<sub>2</sub>. A simple switch to water this February could reduce your carbon footprint and improve your health

# Fizz Free February

# 2024

Name:

School:

Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 1st	Friday 2nd	Saturday 3rd	Sunday 4th
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 8th	Friday 9th	Saturday 10th	Sunday 11th
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 15th	Friday 16th	Saturday 17th	Sunday 18th
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 22nd	Friday 23rd	Saturday 24th	Sunday 25th
			Thursday 29th			

**FORGET  
FIZZY DRINKS**

**THIS**

**FEBRUARY!**

Tick every  
day you stay  
away from  
fizzy drinks



**Congratulations!**  
You made it  
through the whole  
month!

# Congratulations!



*Well done!*

## Certificate of Achievement

This certificate is for:



in completing  
Fizz Free February  
2024!

