



# FIZZY FREE

## EVENT TIP SHEET

To create healthy change in our community the healthy choice has to be the easy choice. If you are running events or activities in the community one of the ways you can create healthy change is to make your event or activity Fizzy Free.

A Fizzy Free event is one where fizzy drinks are not available for purchase and are not given away or included in prize packages or sponsorship.

### IN ORDER TO RUN A FIZZY FREE EVENT YOU WILL NEED...

- To ensure everyone involved in running the event is supportive from the outset.
- To make sure that all communication sent out about your event clearly states that it will be Fizzy Free including planning meeting minutes, emails, registration information and promotional material such as posters and advertising.
- If your event will include food stalls or outside food providers ensure that they are fully informed about the Fizzy Free kaupapa, and that they are clear that they are unable to provide fizzy drinks (including diet versions) as a part of the event. The person responsible for coordinating food stalls will need to be consistent on this point. A proactive way to address this is to provide stall holders with a list of beverages that are acceptable i.e water.
- Fizzy Free signage (where possible) and messaging throughout the event will help to ensure event attendees are aware and supportive of the Fizzy Free kaupapa.

**Water is the best choice**

**A 600ml fizzy drink contains 16 teaspoons of sugar**

### OTHER THINGS THAT MAY BE HELPFUL

- Where possible provide free water for event attendees
- Local health providers such as Public Health Units and Oral Health services may be able to provide you with resources such as pamphlets and posters that provide information to support your Fizzy Free event

If you would like to run a Fizzy Free event and would like further information or support, please contact our team at Te Oranganui Iwi Health Authority

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