Brooke Neal, Mindset & Wellbeing Coach
and former Olympic Hockey Player

Toolkit

Workplaces & Community Groups

A nationwide challenge aimed at promoting the benefits of drinking water. Simply swap your sugary drinks to water for 30 days in November.

- Better way to hydrate
- 100% natural
- Free and available on tap
- No calories and non-acidic
- Effective way to create healthy workplaces
- Many health benefits

Switch to Water Challenge

Find out more & register:
nzda.org.nz/switchtowater

New Zealand Dental Assoc.

Switch to Water

Welcome to the Challenge

We need water for hydration, not sugary drinks. Water is the best drink choice. It is fresh, free and readily available on tap! Water has no added sugar, no calories and is non-acidic. By switching sugary drinks to water, your workplace and/or community group is on its way towards becoming healthier and more efficient.

How organisations can participate in the challenge

- Involve staff by asking them to take the challenge by switching sugary drinks to water for 30 days.
- Find out how many are keen to take the challenge and register at nzda.org.nz/switchtowater
- All participating workplaces will be eligible to go in the draw to **win $1500 towards a team building activity.**

Help them go sugary drinks free

- Display the campaign posters at your work to raise awareness about the challenge.
- Encourage families (yours, your staff and your patients) to to get involved in the whānau challenge.
- Communicate regularly with staff by sharing our weekly emails.
- Use your e-newsletters, website, social media, and intranet to help others get involved and keep them motivated.
- Reduce the availability of sugary drinks in your workplace and ensure water is readily available.

Share your achievements

We would love to hear from you! Tell us about how your workplace is helping staff cut back on sugary drinks. Send photos and a brief summary of your achievements to register@nzda.org.nz

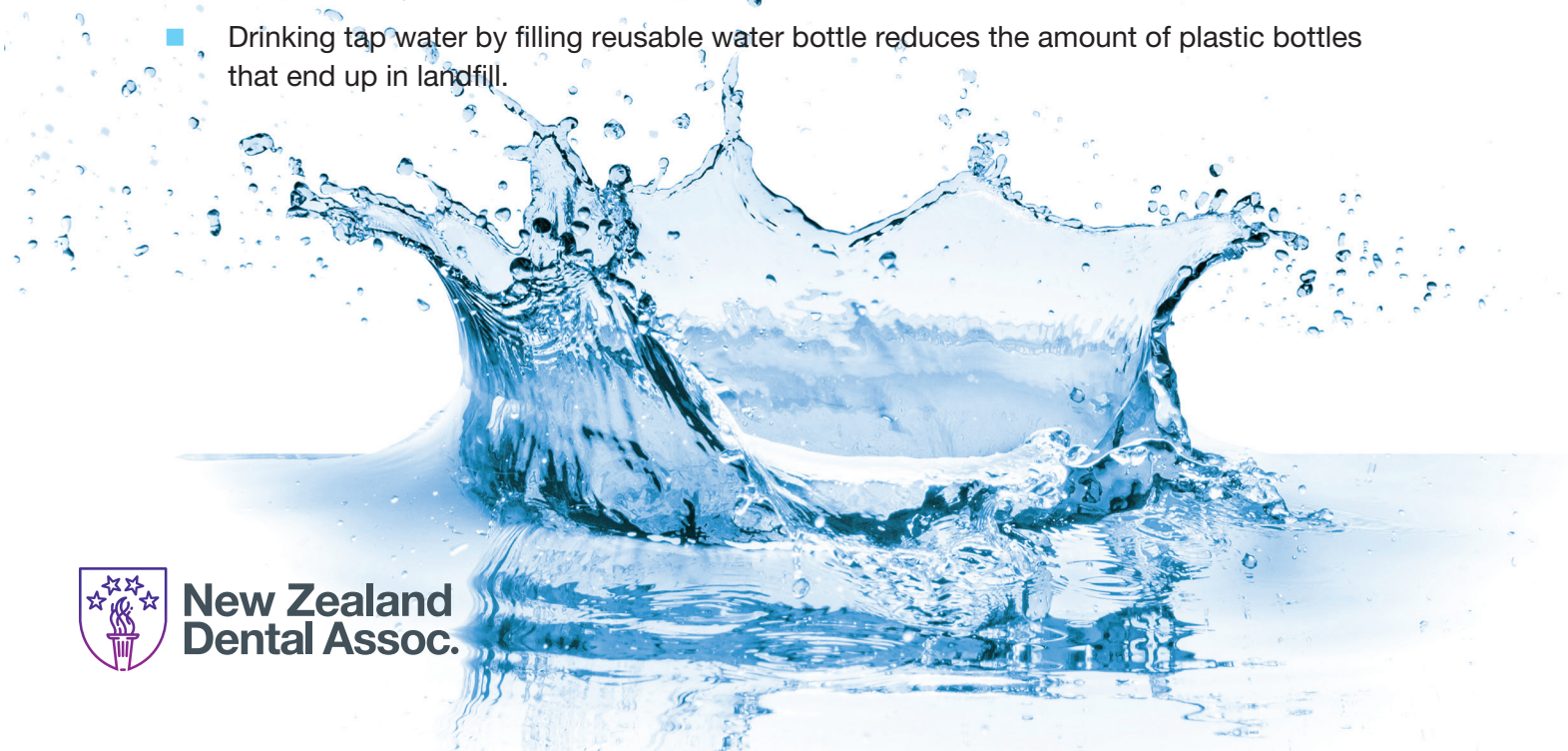
Additional information

- Sign up at nzda.org.nz/switchtowater from Monday 17 October.
- You can start the 30 day challenge anytime between 1 and 15 November.
- As well as receiving our weekly emails you can download other resources including FAQs, our new 30 day challenge tracker, a campaign video featuring Brooke Neal, banners, posters, and leaflets from the website.

Why join the Challenge?

The Switch to Water Challenge helps you to set a realistic goal to reduce the amount of sugar you consume. The aim of this 30 day challenge is to build better habits, with water becoming your drink of choice over time.

- Sugary drinks have no nutritional value, they contribute empty calories and replace healthier beverage options. They are also extremely acidic, which erodes teeth.
- One can of sugary drink per day can lead to 6.5kgs weight gain in a year.
- A 600ml bottle of soft drink contains approximately 16 teaspoons of sugar and a regular 375ml can of soft drink contains about 10 teaspoons of sugar.
- About 33 teaspoons of sugar per person per day is imported into New Zealand; the equivalent of 48kgs of sugar per person per year.
- The World Health Organization (WHO) recommends that the intake of free sugars should be reduced to approximately 12 teaspoons per day and a further reduction to approximately 6 teaspoons per day per adult is recommended to help prevent dental caries in particular.
- Sugar and acid levels in sugary drinks and 'diet' varieties can cause tooth decay.
- Nearly two thirds of adults and one third of children are either overweight or obese in New Zealand.
- Being overweight or obese puts you at greater risk of heart disease, type 2 diabetes and some cancers.
- Rapid blood sugar spikes after drinking sugary drinks can increase hunger and over- eating.
- Water has no added sugar, no calories and is non-acidic. Switching your sugary drinks to water is a great first step towards better health.
- Drinking tap water by filling reusable water bottle reduces the amount of plastic bottles that end up in landfill.



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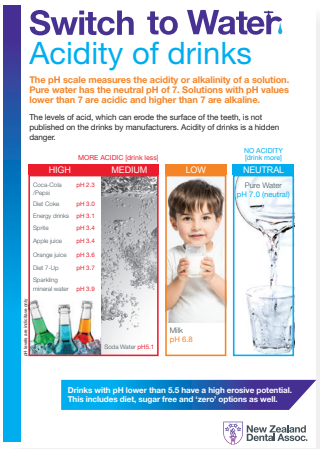
Switch to Water campaign resources

Web banners for newsletters, websites and social media pages

Campaign Poster [A2]

Infographic Poster [A3]

A3 Poster

A5 Leaflets