

Sugar



**Albion in the
Community**
Giving people a chance

Take the...

Sugar Smart Challenge!

Can you drink only **water**
and milk each day, with no
more than one other drink,
such as fruit juice, with a
main meal over each day?



You can undertake your challenge alone or as a family.

Log your results online to be entered into the prize draw:
www.surveymonkey.co.uk/r/BH_SugarSmartChallenge

Deadline: Friday 25 March 2016

For more information and links, follow:



@AITC_Schools

