

SUGAR FREE SEPTEMBER

Healthy Schools
Challenge



Going Sugar Free for 30 days is a challenge. Living with Muscular Dystrophy is much harder!

What Sugar Free September Healthy Schools Challenge.

When 1-30 September.

How Hold a sugar free stall or canteen menu for one day in September to raise funds and awareness for people living with Muscular Dystrophy.

You could also use our teacher resources to host a competition with a gold coin donation to enter.

Why Give SWEET opportunities to kids living with the devastating challenges of Muscular Dystrophy and improve your health and wellbeing.

YES, we are interested! what's next?

Go to www.sugarfreeseptember.org.au to register for updates or keep reading to learn more.

Have another idea for how your school could get involved? Get in contact with our fundraising team.

sugarfreeseptember@mdnsw.org.au or call 1800 635 109.



We'll support you with great resources!

1. A range of targeted English resources to link with your lessons and assist students' understanding of healthy food choices - made with the help of teachers!
2. Posters and activity sheets to promote your activity to your school community.
3. Your school's own fundraising page.
4. Delicious recipe ideas to encourage healthy eating or use at the stall.
5. Fundraising guru to assist you with all things fundraising and Sugar Free September.
6. Balloons to decorate your school and raise awareness for Muscular Dystrophy!!!



So, what is the link between Muscular Dystrophy and sugar?

Apart from advocating healthy lifestyle choices for people living with Muscular Dystrophy, there is no specific link between sugar and muscle wasting conditions. Try cutting sugar from your day and you'll soon realise that it's really tough... but not as tough as living with Muscular Dystrophy.

Here at Muscular Dystrophy NSW we love people who challenge themselves and use their strengths to empower others. By choosing a challenge that promotes a healthy lifestyle Muscular Dystrophy NSW aims to empower you too!

Why pick sugar? Why not something else?

Evidence is pointing to the health benefits of limiting added and refined sugars. The health benefits of participating in the Sugar Free September Healthy Schools Challenge are:

1. Encourages healthy eating message for your students.
2. Reduced sugar intake improves health, including heart health and reduced risk of diabetes.
3. Increase in concentration, engagement, creativity, drive and problem solving.
4. Increased energy, wellbeing and reduction in anxiety.

How to go #SugarFreeForMD:

1. Register for Sugar Free September at www.sugarfreeseptember.org.au
Make sure you register as a school team.
2. Our team will be in touch shortly to discuss your fundraising activity and how we can support your school.
3. Plan your activity and be sure to use the activities, posters and other resources to get your school community excited for the big day.
4. Share your fundraising page on your school website and in your newsletter to promote your amazing fundraising activity and encourage the community to donate.
5. Hold your event in September and have a blast!
6. Collect any offline donations and ask your fundraising guru to help you add them to your fundraising page.
7. Your fundraising guru will send a special thank you certificate to your school in appreciation for your tremendous efforts.

Say Hello! Got a question? We'd love to hear from you!

Email : sugarfreeseptember@mdnsw.org.au

Phone : 1800 635 109

Mail to : Sugar Free September

Muscular Dystrophy NSW

80 Betty Cuthbert Drive

Lidcombe, NSW, 2141

Follow us for updates and Sugar Free tips!

Facebook facebook.com/sugarfreeseptember

Twitter @SugarFreeForMD

Instagram @sugarfreeformd

www.sugarfreeseptember.org.au

