

OUR CHILDREN ARE SWEET ENOUGH

Sheffield City Council and partners want to raise awareness of the hidden sugar in our food and drink, and the impact too much sugar has on our health.

Our 'Sheffield is Sweet Enough' initiative is here to help you get the facts about sugar and make simple swaps to keep you, your family and everyone in our city healthy. After all, Sheffield is sweet enough!

Visit www.sheffieldissweetenough.org for:

- Advice on how much sugar is too much
- Information on food labelling and hidden sugar
- Family-friendly low-sugar recipes
- Sugar-swap ideas for babies, toddlers and children
- Free resources including our 'Feed your family for Less' booklet



sheffieldissweetenough.org

 [sweetenoughshef](https://twitter.com/sweetenoughshef)

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THE SHEFFIELD FAMILY GUIDE TO SMART SUGAR SWAPS IS HERE!

Local parents, students, nutritionists and business owners shared their low-sugar recipes to help us create this fabulous little book, beautifully designed and easy to follow! It's on sale now at Waterstones, Amazon and selected independent bookstores. For every book purchased we will gift a copy to another family absolutely free!

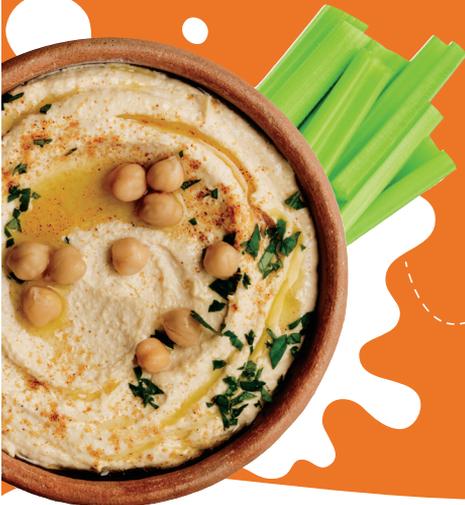


HERE'S A SNEAK PEEK OF ONE OF THE BRILLIANT SNACK RECIPES:

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HAVE-A-GO

HUMMUS



INGREDIENTS

400g canned chickpeas, drained
1 garlic clove
Juice of 1 lemon
1 tsp. cayenne pepper
4 tbsp. natural yoghurt
Black pepper



METHOD

1. Blend all ingredients together until smooth and free from lumps
2. Serve with carrot and/or celery sticks



For more great recipe ideas visit sheffieldissweetenough.org

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