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| Twitter & Instagram | 1 st Feb |  | <p>Are you ready to make your home a Fizz Free Zone this February?</p> <ul style="list-style-type: none"> • No energy drinks • No Sparkling drinks • No fizzy pop <p>This February #GoFizzFree</p> <p>For more advice visit: It's Fizz Free February</p> |
| Facebook | 1 st Feb |  | <p>Could you go the whole month without a fizzy drink?</p> <ul style="list-style-type: none"> • No energy drinks • No Sparkling drinks • No fizzy pop <p>#GoFizzFree this February</p> <p>For more advice visit: It's Fizz Free February</p> |
| Twitter & Instagram | 7 th Feb |  | <p>Take the #GoFizzFree challenge this February and pledge to cut out fizzy drinks for the whole month!</p> <p>For more advice visit: It's Fizz Free February</p> |
| Facebook | 7 th Feb |  | <p>What are the benefits if you #GoFizzFree this February?</p> <ol style="list-style-type: none"> 1. 🍎 SAVE MONEY - you could save up to £580 a year if you stopped drinking one 500ml bottle of soft drink a day. 2. 🍏 LOSE WEIGHT - drinking just one can of fizzy drink a day could add up to over a stone in weight per year. |

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| | | | <p>3. 🦷 KEEP YOUR TEETH – 63% of all hospital admitted tooth extractions for 0-19, are due to tooth decay.</p> <p>For more advice visit: It's Fizz Free February</p> |
| Twitter & Instagram | 14 th Feb |  | <p>Did you know?</p> <p>Leicester has 37.8% of its 5-year-old children who have 1 or more teeth decayed, missing, or filled due to tooth decay.</p> <p>Help your kids to #GoFizzFree this February 🍷</p> <p>For more advice visit: It's Fizz Free February</p> |
| Facebook | 14 th Feb |  | <p>Reasons to go #FizzFree during February:</p> <p>Tooth decay is the leading cause for hospitalisation among 0-19 year olds in the UK, with over 26,000 children being hospitalised each year due to tooth decay.</p> <p>Take the pledge and #GoFizzFree this February!</p> <p>For more advice visit: It's Fizz Free February</p> |
| Twitter & Instagram | 21 st Feb |  | <p>We're over halfway through February!</p> <p>Did you know drinking water instead of fizzy drinks every day, could help you lose 1 stone in weight?</p> <p>Just another reason to #GoFizzFree</p> <p>For more advice visit: It's Fizz Free February</p> |
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| Facebook | 21 st Feb |  | <p>We're over halfway through February!</p> <p>Did you know some fizzy drinks contain up to 34g of sugar per 330ml can. That's about seven teaspoons of sugar!</p> <p>This is 150% of the recommended daily intake for 7-10 year olds (shocked emoji)</p> <p>Swapping fizzy drinks to water could help you lose weight over a year. Just another reason to #GoFizzFree this month!</p> <p>For more advice visit: It's Fizz Free February</p> |
| Twitter & Instagram | 28 th Feb |  | <p>Take the healthier option this Feb and #GoFizzFree:</p> <p>Why not swap out the fizz for homemade smoothies? They're a fun and delicious way of adding more fruit into your diet!</p> <p>🍓🍏🍌</p> <p>For more advice visit: It's Fizz Free February</p> |
| Facebook | 28 th Feb |  | <p>Take the healthier option:</p> <p>Fizzy drinks contain lots of free sugars.</p> <p>Free sugars are found in sweets, cakes and biscuits and can contribute to weight gain tooth decay.</p> <p>Try swapping fizz for fruit this month and #GoFizzFree this February!</p> <p>🍓🍏🍌</p> <p>For more advice visit: It's Fizz Free February</p> |