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Building *Nunavut* Together
Nunavut iuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

Drop the Pop!

Start Date: February 12, 2019

End Date: February 28, 2019

Iqaluit, Nunavut

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Every winter Nunavut schools hold *Drop the Pop* activities to help students learn about making healthy food and drink choices.

Unhealthy drinks like pop, fruit drinks, slushies and energy drinks are high in sugar. Too much sugar can cause health problems for everyone!

The sugar and acid in these drinks work with bacteria in our mouths to increase tooth decay. Water is the best choice to satisfy thirst for children and adults.

This year we congratulate two Nunavut schools for their efforts to make healthier learning environments. In addition to annual *Drop the Pop* activities, Kugluktuk High School and Tuugaalik High School in Naujaat have been supporting their students throughout the school year by:

- making their school pop-free and/or junk-food free;
- modeling healthy behaviours;
- providing education about healthy foods and drinks;
- having easy access to water; and
- making healthy snacks available.

Thank you to all schools for their hard work in making healthier choices the easier choice for students. We look forward to hearing about the great *Drop the Pop* activities taking place in schools this year.

For more information about making healthy choices, visit the Government of Nunavut's [Healthy Living site](#).

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