

ONE LESS CAN



Take The One Less Challenge

Having just one less of something soon adds up.

One can of fizzy pop contains 8 spoons of sugar!

Having one less can will help with your dental health too.

Find out more about our challenge
www.onelesschallenge.com



x3 LESS
CANS
PER
WEEK

=



x104
SPOONS
PER
MONTH