

# Fizz free Feb Example Twitter Messages 2021

Here are some example tweets that you can use to encourage your networks and communities to go Fizz Free for February this year. Please remember to use the hashtags #gofizzfree and #FizzFreeBrum so that we monitor the engagement.

Fizz Free February was launched by Southwark Council in 2018 and [Sugar Smart \(Sustain\)](#) joined forces with Southwark in 2019 to take the campaign national. We have unlisted many of their resources and created some of our own which you can find on our download page.

- #gofizzfree, give up fizzy drinks in Feb to reduce your sugar intake, lose weight, save money and protect your teeth #FizzFreeBrum
- Save £438 per year! Swap your daily bottle of soft drink for water and #gofizzfree for Feb #FizzFreeBrum
- Did you know, one 330ml can of fizzy drink a day could add up to over a stone weight gain per year #gofizzfree #FizzFreeBrum
- 500 children hospitalised each week by tooth decay, cut out the fizz. Challenge your family to #gofizzfree for Feb. Visit #change4life app for sugar swap ideas. #FizzFreeBrum
- Make your home a fizz free zone #gofizzfree #FizzFreeBrum
- Save money, lose weight and protect your teeth! #gofizzfree this Feb #FizzFreeBrum
- Could you go a whole month without fizzy drinks? #gofizzfree this Feb #FizzFreeBrum
- Swap fizzy drinks for water or drinks without added sugar #gofizzfree with #change4life sugar swaps #FizzFreeBrum
- Help your children cut back on sugar and protect their teeth #gofizzfree #FizzFreeBrum
- Young people have more than 3 times the recommended amount of sugar. Make a change, challenge your family to #gofizzfree for Feb #FizzFreeBrum
- Protect your teeth, take the challenge #gofizzfree for Feb #FizzFreeBrum
- Save money, lose weight and Pledge to #gofizzfree this Feb #FizzFreeBrum
- Encourage the children at your school to #gofizzfree for Feb. Download the star chart for them to track their progress – [Start Chart](#)