



## **KEMPEN TOLAK GULA AT WORKPLACE**

### **GUIDELINES FOR CAMPAIGN TOLAK GULA AT WORKPLACE**

**Step 1:** Employers whom are interested to conduct this programme at workplace , should kindly contact Workplace Health Promotion (WHP) Unit PERKESO via HSP Hotline: 03-42645089 or HSP Email: [hsp@perkeso.gov.my](mailto:hsp@perkeso.gov.my)

**Step 2 :** The WHP Unit PERKESO will set for a meeting with the Employer.

Meeting agenda includes the discussion of the following :

1. The objectives , aim & the importance of this campaign at workplace.
2. The danger of sugar to health and it's implications.
3. What commitment is needed from employers to do this campaign?

**Café Tolak Gula criterias:**

- **Employers need to make changes to standard of serving drinks without sugar in their workplace cafeteria/ canteen. It should be applied similarly during meetings, discussions, and events.**

**Step 3:** Employers to send the letter/email stating that they have implemented **café Tolak Gula criteria** at workplace.

**Step 4:** WHP Unit will do site visit and further coordinate to have the campaign Tolak Gula at the workplace.

**Prepared by :**

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***"LETS CREATE HEALTHY WORKPLACE FOR OUR EMPLOYEES"***