41% of children ages 2-11 drink at least one soda or sugar-sweetened beverage on an average day¹

Soda is the #1 source of added sugar in the American diet²

The average American consumes almost 100 pounds of sugar a year³

DRINK WATER!

DELICIOUS
With a squeeze of lime
a wedge of orange
a frozen berry
a sprig of mint
a slice of cucumber
a piece of pineapple
a sliver of mango…

IN CLASS
Teach a lesson to help students to Be Sugar Savvy: limit added sugar, drink plenty of water, and read labels to see how much sugar is in popular foods & drinks.

Be a role model for students by drinking water and rewarding with non-food items.

Chart your classroom’s healthy beverage days or have individual students keep track.

Celebrate special days in a healthier way with physical activity & fruit and veggie parties…smoothies anyone?

Distribute materials promoting ReThink Your Drink

SCHOOL-WIDE
Develop a school-wide healthy beverage policy for students and staff.

Provide Staff Development & Parent Education: contact a nutrition educator to teach staff and families about healthy eating.

Include “Healthy Messages” in your everyday activities.

Sponsor a ReTHINK your drink poster contest.

Fundraise with walk-a-thons or read-a-thons or by selling non-food items.

RESOURCES: Sugar Savvy lessons, Soda Free Summer campaign materials, non-food fundraising ideas, healthy snack lists, & more...

www.banpac.org/resources_sugar_savvy.htm
www.healthiersf.org/nutrition

¹ Babey, S. et al. Bubbling Over: Soda Consumption and Its Link to Obesity in California. UCLA Center for Health Policy Research, Sept., 2009