**Program Time**

**Teach a lesson** to help students learn to **Be Sugar Savvy**: limit added sugar, and read labels to find out how much sugar is in popular foods & beverages.

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

**Chart participants 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.

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**SITE WIDE**

**Develop a site-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 **Re-Think Your Drink** poster contest.

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

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**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

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

**DRINK WATER!**

**DELICIOUS** with a...
- 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...