

MAKE YOUR YOUTH PROGRAM

SODA FREE!

**Re-THINK
your
drink**



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

DURING CAMP

Teach a lesson to help students learn to *Be Sugar Savvy*: limit sugar intake, drink plenty of water, and eat lots of colorful fruits and vegetables.

Be a role model for students by drinking water, participating in PE time, and rewarding with non-food items.

Chart your summer youths soda free days or have individual students keep track.

Celebrate special days in a healthier way with physical activity & fruit and veggie parties.

Distribute materials for the **SODA FREE SUMMER** campaign.

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.sfgov.org/shapeupsf/RVD

www.healthiersf.org/nutrition

SITE WIDE

Develop a site-wide “NO SODA” 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.

DRINK WATER!

Try a glass of tap water 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...



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

2Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *Journal of the American Dietetic Association* 2000;100(1):43-51.

3From the USDA Economic Research Service (ERS):<http://www.ers.usda.gov/Briefing/Sugar/Data.htm> 4/23/09

