



banpac

Bay Area Nutrition & Physical Activity Collaborative

MAKE YOUR YOUTH PROGRAM **Sugar Savvy!**

ReTHINK
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 year**³



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.



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.

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...



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

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

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

