



You're Invited!

To participate in a regional *Be Sugar Savvy* Train-the-Trainer workshop and to take part in the 2008 Sugar Savvy Initiative

What is this interactive training?

This is a fun training developed by Alameda County Public Health filled with activities to teach adults and children how much sugar is in the food and drinks they consume every day. With the childhood obesity rate at 25% in Santa Clara County, it is important for consumers to know how much sugar and empty calories they take in every day, even from seemingly healthy foods! Santa Clara County is sponsoring this training as part of a six-county regional campaign, through BANPAC (the Bay Area Nutrition and Physical Activity Collaborative) to promote better health for Bay Area residents.

Santa Clara County Public Health Department, Nutrition & Wellness and BANPAC would like to invite you to become a trainer for the *Be Sugar Savvy* curriculum.

At the train-the-trainer workshop you will:

- ✓ Receive a hands-on education curriculum with camera-ready copies
- ✓ Learn how to spread the message on how to *Be Sugar Savvy*
- ✓ Get ready for the *Be Sugar Savvy* educational initiative in your local community
- ✓ Leave feeling informed, inspired and ready to get involved!

When : April 28, 2008 1:30-3:30 p.m.

Where: Santa Clara County Public Health
720 Empey Way, San Jose, CA 95126 (CCS Conference Room)

What is the Sugar Savvy...Rethink Your Drink Initiative?

An initiative to educate Santa Clara County families about the importance of reducing or eliminating products full of sugar/high fructose corn syrup-beginning with sodas and other sweetened beverages.

Who should attend training?

School administrators, health educators, community agencies, and anyone who wants to be Sugar Savvy and join our initiative to fight childhood diabetes & obesity.

Participation is limited, so please let me know ASAP if you'd like to attend.
Contact MinhChau Tieu at MinhChau.Tieu@hhs.sccgov.org or 408-792-5129.