



**You're invited to participate in a**  
***Be Sugar Savvy Train-the-Trainer workshop***  
**and to take part in the 2011 Soda Free Summer!**

This is a fun training 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.

**At the train-the-trainer workshop you will:**

- ✓ Receive a hands-on education curriculum with camera-ready copies
- ✓ Receive educational materials to give to your partners and families, including our new storybook, *Potter The Otter*
- ✓ 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!

Take a look at how much sugar is in these popular beverages and consider drinking healthier alternatives:

	Soda	Orange Drink	Sweetened Tea Drink	Big Pouch	Sports Drink	Water
Calories	240	260	220	152	140	0
Teaspoons of Sugar	17	15	13	9.5	9	0



**When:** Monday, June 6, 2011 from 9:30 a.m. - 11:30 p.m.

**Where:** Santa Clara County Public Health Department, Chronic Disease & Injury Prevention  
Sobrato Center for Nonprofits – San Jose, 1400 Parkmoor Avenue, San Jose  
Cupertino Conference Room A–First Floor

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

**RSVP For this FREE Event to [Luz.villanueva@phd.sccgov.org](mailto:Luz.villanueva@phd.sccgov.org) or call: 408-793-2737 by Monday, May 29.** Please pass this invitation along to your partner agencies and community members who might be interested in this workshop.