



## Did You Know?

Ordering **water** instead of **soda** in restaurants just once a week can save you up to **\$78** per year!



Bay Area Nutrition & Physical Activity Collaborative

## Did You Know?

You can make your own **fruity, low-calorie "Spa Water."** Add strawberries, mint, or melon slices to a pitcher of water and refrigerate until ice cold—**delicious!!!**



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