



Nutrition Services • Alameda County  
Public Health Department

## You Don't Need To Be Spike Lee or Steven Spielberg to Enter Our Soda Free Summer YouTube Video Contest!

All you need is to be creative and have fun. **Submit a video that tells (and shows) how you plan to be Soda Free this summer and inspire others to do the same with your great ideas and video.**

And here's the best part. There are great prizes. Our grand prize "Oscar winner" will receive a \$500 gift card and five runner ups each will receive \$100 gift cards.

For official contest rules and entry guidelines, go to  
[www.sodafreesummer.wordpress.com](http://www.sodafreesummer.wordpress.com).



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**The contest deadline is August 3, 2009 9:00 a.m. (PST)**

Have fun! Be creative! Remember to show us how you plan to be Soda Free and encourage others to Rethink Their Drink.

The **Soda Free Summer** YouTube Video Contest is sponsored by Nutrition Services • Alameda County Public Health Department.

## **Healthy Living** *...for life!*

Alameda County Public Health Department

For more information about **Soda Free Summer** activities in Alameda County, visit us at [www.sodafreesummer.org](http://www.sodafreesummer.org).

Also, stay connected to **Soda Free Summer** on **Facebook** and **Twitter!**



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