

**Network for a Healthy California
Rethink Your Drink Campaign**

<http://cdph.ca.gov/programs/Pages/RethinkYourDrink.aspx>

Approved Materials

As of April 29, 2013

This list will be updated regularly. Please check with the *Rethink Your Drink* team for the latest updates. All *Rethink Your Drink* material not on this list requires approval before use or distribution.

Rethink Your Drink Campaign team:



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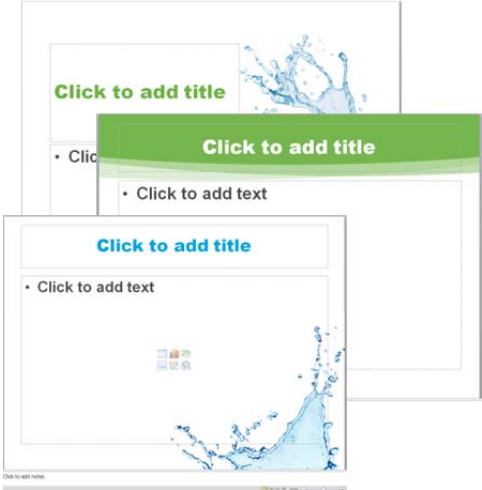


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 <p>The image shows several flyer templates for the Rethink Your Drink campaign. One prominent flyer features the text 'Insert Up to Three Lines of Title Text Here' and 'INSERT YOUR TEXT HERE'. It includes the Rethink Your Drink logo, a date (Friday, August 29th, 9:00 AM), and contact information for Jackie Richardson and Suzanne Morikawa. There is also a small photo of a person using a laptop.</p>	<p>Rethink Your Drink Flyer templates</p> <p>Use these <i>Rethink Your Drink</i> flyer templates to announce and promote your RYD-related nutrition education events.</p>	<p>Will be available on the Champions for Change Communication Resources section.</p>
 <p>The image shows a PowerPoint template slide. It features a large blue water splash graphic on the right side. On the left, there is a text box with the placeholder 'Click to add title'. The Rethink Your Drink logo and website URL (www.RethinkYourDrink.com) are visible at the bottom left.</p>	<p>Rethink Your Drink PPT template</p> <p>Use this template when creating PPT presentations.</p> <p>Note, all consumer-facing materials must be reviewed and approved by USDA and CDPH.</p>	<p>Will be available online to the Champions for Change Communication Resources section.</p>




	<p>Rethink Your Drink Sign templates Use this template when creating signage for your display booths.</p> <p>Note, all consumer-facing materials must be reviewed and approved by USDA and CDPH.</p>	<p>Will be available online on the Champions for Change Communication Resources section.</p>
	<p>Rethink Your Drink Labels Use to enhance <i>Rethink Your Drink</i> branding and educational displays. For use on:</p> <ul style="list-style-type: none"> • Water dispensers used for spa water tastings • Quart-sized clear jars showcasing samples of a variety of spa waters • Containers showcasing the amount of sugar in various sugary beverages 	<p>Only available by contacting the <i>Rethink Your Drink</i> team.</p> <p>Restrictions:</p> <ul style="list-style-type: none"> • Do not distribute to the public • Do not place in contact with skin • Do not affix to any branded product <p><i>Warning:</i> These single-use labels have heavy adhesive—do not attempt multiple placements.</p>
	<p>Rethink Your Drink Portfolios Use to package materials to hand out for <i>Rethink Your Drink</i> training events. Folder includes two pockets with a business card slot.</p>	<p>English 9"x12" folder</p> <p>Available through online ordering system. Part # BRO-240</p>




 <p>The banner features the 'rethink YOUR DRINK' logo on the left. Below the logo, it says 'Drink WATER instead of sugary drinks. Tome AGUA en vez de bebidas azucaradas.' and 'www.RethinkYourDrinkCa.com'. On the right, there is a dynamic splash of water.</p>	<p>Rethink Your Drink Banner With the message of “Drink water instead of sugary drinks.” In English and Spanish. Hang the banner to advertise your event and call attention to keep healthy beverages top of mind.</p>	<p>2’ x 5’ vinyl Available through lending library of <i>Regional Network</i> offices. Please contact the <i>Regional Network</i> office nearest you for availability. Contact the State <i>Rethink Your Drink</i> Team for additional supplies.</p>
 <p>Two pull-up banners are shown. The left one is in English, with the text 'Drink WATER instead of sugary drinks.' and the right one is in Spanish, with 'Tome AGUA en vez de bebidas azucaradas.' Both feature the 'rethink YOUR DRINK' logo and a water splash graphic.</p>	<p>Rethink Your Drink Pull-up Banner With the message of “Drink water instead of sugary drinks.” The pull-up banner is in English on one side and Spanish on the other. Great attention-getter at events and presentations.</p>	<p>English/Spanish double-sided 6’ tall when fully extended Available through lending library of <i>Regional Network</i> offices. Please contact the <i>Regional Network</i> office nearest you for availability. Contact the State <i>Rethink Your Drink</i> Team for additional supplies.</p>
 <p>The tablecloth features the 'rethink YOUR DRINK' logo and the message 'Drink WATER instead of sugary drinks. Tome AGUA en vez de bebidas azucaradas.' along with 'www.RethinkYourDrinkCa.com' and a water splash graphic.</p>	<p>Rethink Your Drink Tablecloth The tablecloth can be used at events, workshops, and demonstrations. The vinyl-lined top keeps it “water-friendly” when doing water tastings. Matches banner and pull-up banners, with the message, “Drink water instead of sugary drinks” in English and Spanish.</p>	<p>English/Spanish 6’ tablecloth, 4-sided Vinyl lined top Available through lending library of <i>Regional Network</i> offices. Please contact the <i>Regional Network</i> office nearest you for availability. Contact the State <i>Rethink Your Drink</i> Team for additional supplies.</p>



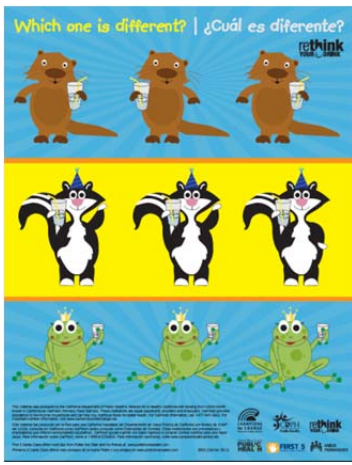
 <p>The graphic shows the 'rethink YOUR DRINK' logo on the left. Below the logo, it says 'Drink WATER instead of sugary drinks. Tome AGUA en vez de bebidas azucaradas. www.RethinkYourDrinkCA.com'. On the right, there is a dynamic splash of blue water.</p>	<p>Rethink Your Drink Tent Wall The tent wall attaches to the <i>Network for a Healthy California</i> tents. Matches <i>Rethink Your Drink</i> banner and pull-up banners, with the message, “Drink water instead of sugary drinks” in English and Spanish.</p>	<p>English/Spanish</p> <p>Available through lending library of <i>Regional Network</i> offices. Please contact the <i>Regional Network</i> office nearest you for availability.</p> <p>Contact the State <i>Rethink Your Drink</i> Team for additional supplies.</p>
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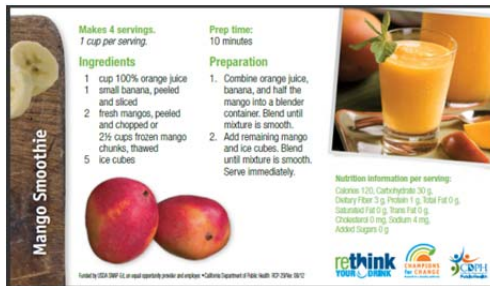



 <p>The poster features a cartoon otter holding a glass of water with a straw. The title is 'Potter the Otter Loves to Drink Water' and 'A la Nutria Potter le encanta tomar agua'. It lists three tips in both English and Spanish: 1. Drink water when you are thirsty / Toma agua cuando tengas sed; 2. Limit 100% juice to 4-6 oz. per day / Limita el jugo 100% natural a 4-6 onzas por día; 3. Serve water or lowfat milk at meals and snack times / Sirve agua o leche bajo en grasa con las comidas y bocadillos.</p>	<p>Potter the Otter Loves to Drink Water Poster This colorful bilingual poster features the lead character in the popular First 5-created book, <i>Potter the Otter Loves to Drink Water</i>, available at www.potterloveswater.com. Three key nutrition education points provide complementary healthy beverage messages:</p> <ol style="list-style-type: none"> 1. Drink water when you are thirsty. 2. Limit 100% juice to 4-6 oz per day. 3. Serve water or lowfat milk at meals and snack times. 	<p>English/Spanish 18" x 24"</p> <p>Available through the online ordering system. Part# SIGN-542 Quantity: packs of 5</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
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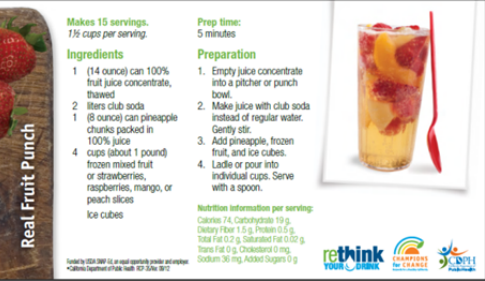

 <p>The tip sheet shows two pages. The left page is titled 'Potter the Otter Loves to Drink Water' and 'A la Nutria Potter le encanta tomar agua'. The right page is titled 'Be A Role Model By:' and lists four points: 1. Drinking water; 2. Participating in exercise/physical activity time; 3. Serving water or lowfat milk at meals and snack times; 4. Rewarding kids with non-food items.</p>	<p>Potter the Otter Loves to Drink Water Tip Sheet Potter’s friends appear on these bilingual take-home tip sheets. The three key nutrition education points from the Otter poster are repeated, with specific suggestions for caregivers.</p> <p>Be a Role Model By:</p> <ol style="list-style-type: none"> 1. Drinking water; 2. Participating in exercise/physical activity time; 3. Serving water or lowfat milk at meals and snack times; 4. Rewarding kids with non-food items. 	<p>English/Spanish, double-sided 5" x 7"</p> <p>Available through the online ordering system. Part# BRO-238 Quantity: 50-sheet pad with cardboard back</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
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 <p>The postcard features a group of colorful cartoon animals (a white duck, a brown bear, a green frog, a black and white skunk, a brown rabbit, and a brown otter) holding water bottles. The text on the postcard includes 'Potter the Otter Loves to Drink Water' and 'A lo Nutricio Potter le encanta tomar agua'. Below the illustration are two columns of tips in English and Spanish, and a small 'rethink YOUR DRINK' logo at the bottom.</p>	<p>Potter the Otter Loves to Drink Water Postcard</p> <p>Potter and all his healthy animal friends are showcased on this postcard, along with the three key nutrition education points from the poster and tip sheet.</p> <p>The postcards can be used as class/appointment reminders, notes to parents, or personal goal reminders.</p>	<p>English/Spanish 6" x 8"</p> <p>Available through the online ordering system. Part# BRO-230 Quantity: packs of 50</p>
 <p>Two bilingual table tents are shown. The left one features the same group of animals and the 'Potter the Otter's Tips' section. The right one is titled 'Be A Role Model By' and lists three nutrition points in both English and Spanish: 'Drinking water', 'Participating in active/physical activity', and 'Choosing foods with low-fat/low-sodium'. It also includes a 'Be a Role Model' section with a 'rethink YOUR DRINK' logo.</p>	<p>Potter the Otter Loves to Drink Water Table tents</p> <p>These bilingual table tents can be used to provide office and classroom décor to reinforce targeted health promotion messages.</p> <p>One side has the three nutrition education points from the poster and postcards. The other side contains the 'Role Model' messaging from the tip sheet.</p>	<p>English/Spanish 5-1/2" x 8-1/2" Part# BRO-236 folded; 3" base</p> <p>Available through the online ordering system. Part# BRO-236 Quantity: pack of 5</p>
 <p>Four circular stickers are shown. Two are in English: 'We Love to Drink Water!' and 'Nos encanta tomar agua!'. The other two are in Spanish: 'Nos encanta tomar agua!' and 'We Love to Drink Water!'. Each sticker features the same group of cartoon animals holding water bottles and the 'rethink YOUR DRINK' logo.</p>	<p>Potter the Otter Loves to Drink Water Stickers - English</p> <p>Each roll of stickers contains two alternating designs. Use them in conjunction with a full-scale Otter-branded healthy beverage campaign:</p> <ul style="list-style-type: none"> • Use on reward charts or line graphs in classroom-based activities • Give to children that actively participate and engage in healthy beverage lessons, activities and booth events • Award children upon the completion of a lesson or appointment where healthy beverages are emphasized. • Decorate reusable cups and water stations 	<p>English and Spanish 3" x 3"</p> <p>Available through the online ordering system.</p> <p>English Part# NERI-603 Spanish Part# NERI-604 Quantity: rolls of 50</p>

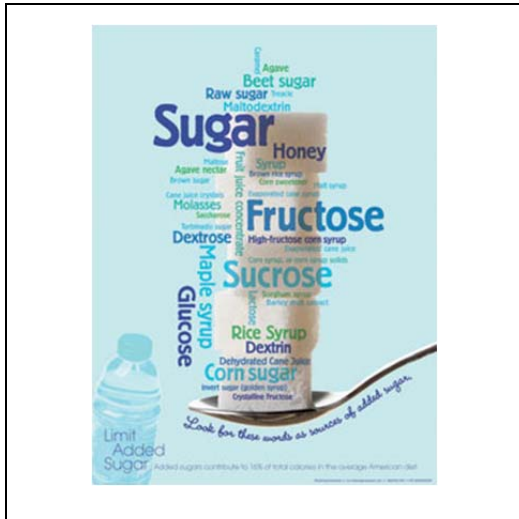
	<p>Potter the Otter Loves to Drink Water Puppets</p> <p>Potter the Otter and all of his animal friends are featured on this color cut-out page. Children can cut out each animal and glue or tape them to wooden craft sticks to act out their own healthy beverage story.</p>	<p>English 11" x 17"</p> <p>Available through the online ordering system. Part# NERI-605 Quantity: individual sheets; limited availability in warehouse.</p>
	<p>Potter the Otter Loves to Drink Water Dot-to-dot Activity Sheet</p> <p>1 in a series of 3 Activity Sheets</p> <p>Kids make Potter the Otter magically appear as they connect the numerically-labeled dots and color their pal Potter.</p> <p>These heavyweight sheets can be posted in an office or classroom, sent home as a reminder of healthy beverage messaging, or used in a coloring contest.</p>	<p>English/Spanish 8-1/2" x 11"</p> <p>Available through the online ordering system. Part# BRO-231 Quantity: pack of 30 Black-and-white reproducible.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
	<p>Potter the Otter Loves to Drink Water Coloring Activity Sheet</p> <p>2 in a series of 3 Activity Sheets</p> <p>This black-and-white coloring activity sheet will keep little hands busy, while showcasing healthy beverages at celebrations and gatherings. Older kids can use the back of page to write down drinks they can serve at their next celebration.</p> <p>These heavyweight sheets can be posted in an office or classroom, sent home as a reminder of healthy beverage messaging, or used in a coloring contest.</p>	<p>English/Spanish 8-1/2" x 11"</p> <p>Available through the online ordering system. Part# BRO-235 Quantity: pack of 30 Black-and-white reproducible.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>

	<p>Potter the Otter Loves to Drink Water Maze Activity Sheet 3 in a series of 3 Activity Sheets</p> <p>Potter and his friends are thirsty for a healthy beverage. At home, doctor/dentist office, or in the classroom, children will enjoy completing the maze and coloring the animals. Children can also use the back of the page to draw their favorite healthy beverage!</p>	<p>English/Spanish 8-1/2" x 11"</p> <p>Available through the online ordering system. Part# BRO-232 Quantity: Pack of 30 Black-and-white reproducible.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
	<p>Potter the Otter Loves to Drink Water "What's wrong in this picture?" Activity Sheet</p> <p>Potter the Otter and all of his animal friends are featured on this color page. Children have fun trying to find all of the things that don't look "right" in this picture. Caregivers are encouraged to engage in discussion with children about why something is "wrong".</p>	<p>English/Spanish 8-1/2" x 11"</p> <p>Download Only from online ordering system or <i>Rethink Your Drink Resource page</i> Part# BRO-233</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
	<p>Potter the Otter Loves to Drink Water "Which one is different?" Activity Sheet</p> <p>Kids can find the differences with the Potter characters, all with their glasses of water! This activity engages children with Potter and his friends, while reinforcing that they all like to drink water.</p>	<p>English/Spanish 8-1/2" x 11"</p> <p>Download Only from online ordering system or <i>Rethink Your Drink Resource page</i> Part# BRO-234 (Download Only)</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>

 <p>Paradise Freeze</p> <p>Makes 4 servings. 1 cup per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 1 large banana 2 cups strawberries 2 ripe mangos, chopped 1/2 cup of ice cubes <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Combine all ingredients in a blender container. Blend until mixture is smooth. 2. Pour into glasses and serve. <p>Nutrition information per serving: Calories 121, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg, Added Sugars 0 g</p> <p><small>Financed by USDA SNAP, WIC and California's CalFresh. • California Department of Public Health. RCP 23/06 3812</small></p>	<p>Rethink Your Drink Recipe Card - Paradise Freeze</p> <p>From the <i>Everyday Healthy Meals</i> cookbook.</p> <p>No sugar added</p>	<p>English/Spanish; double-sided</p> <p>Available through the online ordering system.</p> <p>Part #: RCP-28</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Mango Smoothie</p> <p>Makes 4 servings. 1 cup per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 1 cup 100% orange juice 1 small banana, peeled and sliced 2 fresh mangos, peeled and chopped or 2 1/2 cups frozen mango chunks, thawed 5 ice cubes <p>Prep time: 10 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Combine orange juice, banana, and half the mango into a blender container. Blend until mixture is smooth. 2. Add remaining mango and ice cubes. Blend until mixture is smooth. Serve immediately. <p>Nutrition information per serving: Calories 120, Carbohydrate 30 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugars 0 g</p> <p><small>Financed by USDA SNAP, WIC and special opportunity provider participants. • California Department of Public Health. RCP 23/06 3812</small></p>	<p>Rethink Your Drink Recipe Card - Mango Smoothie</p> <p>From the <i>Soulful Recipes</i> cookbook.</p> <p>No sugar added.</p>	<p>English/Spanish; double-sided</p> <p>Available through the online ordering system.</p> <p>Part #: RCP-29</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Strawberry Pineapple Lemonade</p> <p>Makes 4 servings. 1 1/2 cups per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 4 cups 100% pineapple juice 2 cups fresh or frozen strawberries 1/2 cup lemon juice 1/2 cup water Ice <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Put all ingredients except ice in a blender container and blend until mixture is smooth. 2. Pour into glasses over ice cubes and serve. <p>Nutrition information per serving: Calories 160, Carbohydrate 40 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Added Sugars 0 g</p> <p><small>Financed by USDA SNAP, WIC and California's CalFresh. • California Department of Public Health. RCP 23/06 3812</small></p>	<p>Rethink Your Drink Recipe Card - Strawberry Pineapple Lemonade</p> <p>From the <i>Flavors of My Kitchen</i> cookbook.</p> <p>No sugar added.</p>	<p>English/Spanish; double-sided</p> <p>Available through the online ordering system.</p> <p>Part #: RCP-30</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Great Grape Smoothie</p> <p>Makes 2 servings. 1 cup per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 1 cup seedless grapes 1/2 cup frozen cherries 1/2 cup unsweetened frozen strawberries 1/2 cup orange slices 1/2 cup banana slices <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Combine all ingredients in a blender container. Blend until mixture is smooth. 2. Pour into glasses and serve. <p>Nutrition information per serving: Calories 167, Carbohydrate 40 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugars 0 g</p> <p><small>Financed by USDA SNAP, WIC and California's CalFresh. • California Department of Public Health. RCP 23/06 3812</small></p>	<p>Rethink Your Drink Recipe Card - Great Grape Smoothie</p> <p>From the <i>Everyday Healthy Meals</i> cookbook.</p> <p>No sugar added.</p>	<p>English/Spanish; double-sided</p> <p>Available through the online ordering system.</p> <p>Part #: RCP-31</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Jicama Piña Breeze</p> <p>Makes 3 servings. 1 cup per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 1/2 cup canned pineapple chunks, packed in 100% juice, undrained 1/2 cup fresh jicama, peeled and cut into small pieces 1/2 cup fresh orange chunks 2 cups 100% orange juice 10 ice cubes <p>Prep time: 10 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Place all ingredients in a blender container. 2. Blend until mixture is smooth. Pour into glasses and serve. <p>Nutrition information per serving: Calories 117, Carbohydrate 30 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg, Added Sugars 0 g</p> <p><small>Financed by USDA SNAP, WIC and California's CalFresh. • California Department of Public Health. RCP 23/06 3812</small></p>	<p>Rethink Your Drink Recipe Card - Jicama Piña Breeze</p> <p>From the <i>Healthy Latino Recipes</i> cookbook.</p> <p>No sugar added.</p>	<p>English/Spanish; double-sided</p> <p>Available through the online ordering system.</p> <p>Part #: RCP-32</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>

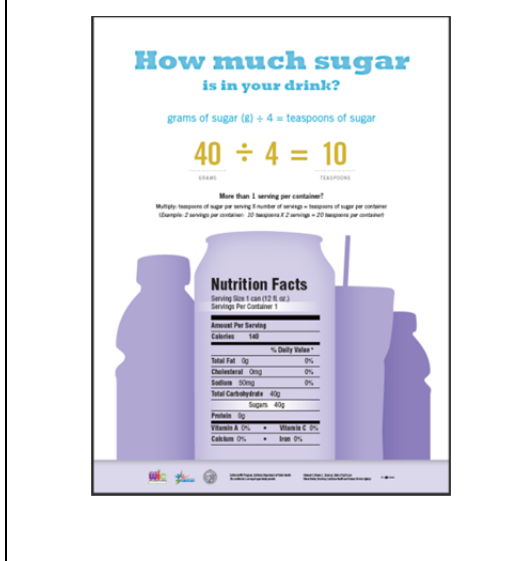
 <p>Orange Freeze</p> <p>Makes 4 servings. 1 1/4 cups per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1 cup 100% orange juice 10 ice cubes 1 cup 1% lowfat or nonfat milk 1 teaspoon vanilla extract 2 cups drained, canned mandarin oranges <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Place all ingredients in a blender container. 2. Blend until mixture is smooth. 3. Pour into four glasses and serve. <p>Nutrition information per serving: Calories 91, Carbohydrate 19 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CAMPAIGN FOR CHANGING THE BEVERAGE CHOICES OF CALIFORNIA'S CHILDREN</p>	<p>Rethink Your Drink Recipe Card - Orange Freeze</p> <p>From the <i>Kids Get Cooking</i> cookbook.</p> <p>No sugar added.</p>	<p>English/Spanish; double-sided</p> <p>Available through the online ordering system.</p> <p>Part #: RCP-33</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Cucumber Mint Breeze</p> <p>Makes 4 servings. 1 cup per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1/2 cup sliced cucumbers 1-2 sprigs of fresh mint Ice <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Fill pitcher halfway with ice. 2. Add sliced cucumbers and mint. 3. Fill with water. Chill for at least 20 minutes before serving. 4. Store in refrigerator and drink within 24 hours. <p>Nutrition information per serving: Calories 74, Carbohydrate 19 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CAMPAIGN FOR CHANGING THE BEVERAGE CHOICES OF CALIFORNIA'S CHILDREN</p>	<p>Rethink Your Drink Recipe Cards Cucumber Mint Breeze</p> <p>An original <i>Rethink Your Drink</i> flavored-water recipe.</p>	<p>English/Spanish; double-sided</p> <p>Available through the online ordering system.</p> <p>Part #: RCP-34</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Real Fruit Punch</p> <p>Makes 15 servings. 1/8 cups per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1 (14 ounce) can 100% fruit juice concentrate, thawed 2 liters club soda 1 (8 ounce) can pineapple chunks packed in 100% juice 4 cups (about 1 pound) frozen mixed fruit or strawberries, raspberries, mango, or peach slices Ice cubes <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Empty juice concentrate into a pitcher or punch bowl. 2. Make juice with club soda instead of regular water. Gently stir. 3. Add pineapple, frozen fruit, and ice cubes. 4. Ladle or pour into individual cups. Serve with a spoon. <p>Nutrition information per serving: Calories 74, Carbohydrate 19 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CAMPAIGN FOR CHANGING THE BEVERAGE CHOICES OF CALIFORNIA'S CHILDREN</p>	<p>Rethink Your Drink Recipe Cards Real Fruit Punch</p> <p>From the <i>Kids Get Cooking</i> cookbook (new edition).</p> <p>No sugar added.</p>	<p>English/Spanish; double-sided</p> <p>Available through the online ordering system.</p> <p>Part #: RCP-35</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>rethink YOUR DRINK PLEDGE</p> <p> <input type="checkbox"/> I promise to drink water when I am thirsty. <input type="checkbox"/> I promise to read the food label on the back of my beverage container so I can choose healthy beverages. <input type="checkbox"/> I promise to drink more _____ over the next _____ week(s) and eat _____ I promise this because _____ Signature _____ Date _____ </p> <p>rethink YOUR DRINK PROMESA</p> <p> <input type="checkbox"/> Prometo tomar agua cuando tengo sed. <input type="checkbox"/> Prometo leer la etiqueta de información nutricional en la parte de atrás de mi bebida para poder escoger bebidas saludables. <input type="checkbox"/> Prometo beber más _____ durante la(s) próxima(s) _____ semana(s) y comer _____ Hago esta promesa porque _____ Firma _____ Fecha _____ </p> <p>rethink YOUR DRINK CAMPAIGN FOR CHANGING THE BEVERAGE CHOICES OF CALIFORNIA'S CHILDREN</p>	<p>Rethink Your Drink Pledge</p> <p>The <i>Rethink Your Drink</i> Pledge reinforces nutrition education lessons about choosing healthy beverages.</p>	<p>Prints on 8-1/2" x 11"</p> <p>English/Spanish</p> <p>Coming soon: Download PDF from the <i>Rethink Your Drink Resource page</i>. Contact the State <i>Rethink Your Drink</i> Team for PDF in the interim.</p>

	<p>Rethink Your Drink Certificate</p> <p>For use by schools and organizations to recognize individuals who participate in nutrition education on healthy beverages.</p>	<p>8-1/2" x 11" English</p> <p>Coming soon: Download Word Doc from the <i>Rethink Your Drink Resource page</i>. Contact the State <i>Rethink Your Drink Team</i> for PDF in the interim.</p>
	<p>PowerPlay! Go for H2O Poster</p> <p>Go for H2O! is designed to increase preference for water and encourage the consumption of water in place of sugar-sweetened beverages among elementary school-aged children.</p> <p>The Go for H2O! lesson includes a Teacher/CYO overview with instructions and a promotional flyer. For more information, please contact Susan Vitulli from the <i>PowerPlay! Campaign</i> at 916-449-5318 or susan.vitulli@cdph.ca.gov.</p>	<p>18" x 24" English and Spanish</p> <p>Available through the online ordering system.</p> <p>English: Part # SIGN-549</p> <p>Spanish: Part# coming soon Contact the State <i>Rethink Your Drink Team</i> or Susan Vitulli for PDF in the interim.</p>
	<p>PowerPlay! Go for H2O Activity Sheet</p> <p>This black-and-white coloring activity sheet supports the activities included in the Go for H2O! Program overview. Students can fill in the blank bubbles with healthy beverage facts and tips, and color it in with their own creative flair.</p> <p>For more information, please contact Susan Vitulli from the <i>PowerPlay! Campaign</i> at 916-449-5318 or susan.vitulli@cdph.ca.gov.</p>	<p>8-1/2" x 11" English and Spanish Available in PDF only</p> <p>Coming soon: Download PDF from online ordering system and the <i>Rethink Your Drink Resource page</i>. Contact the State <i>Rethink Your Drink Team</i> or Susan Vitulli for PDF in the interim.</p> <p>Black-and-white reproducible.</p>



Sugar Synonyms poster
 Text at bottom: "Added sugars contribute to 16% of total calories in the average American diet."
 Create an awareness of added sugars in foods by displaying the Sugar Synonyms Poster. This poster features the names of different types of sugar commonly found on a food's ingredient label.

English
 18" x 24" Laminated
 Will be available in online ordering system.
 Part#: coming soon



How much sugar is in your drink?
 Poster developed by WIC to show how to calculate grams to teaspoons.
 NOTE: This poster will be redesigned with the Rethink Your Drink logo, look and feel. Until then, please use this version.

English:
<http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HowMuchSugarPoster.pdf>
 Spanish:
<http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HowMuchSugarPosterSpanish.pdf>



Beverages: Make Every Sip Count
 This information sheet can be used as a poster or handout to support healthy beverage education.
 Developed in collaboration with the Dairy Council of California and the Orange County Nutrition & Physical Activity Collaborative.

8-1/2" x 11", double-sided English/Spanish
 Will be available in online ordering system.
 Part#: coming soon
 Coming soon: Link to PDF from the Rethink Your Drink Resource page. Contact the State Rethink Your Drink Team for PDF in the interim.

	<p>Rethink Your Drink Drink Label Cards For use in displays and lessons for label reading on different types of beverages.</p> <p>Each card includes a drink image and a generic Nutrition Facts Label that can be used when displaying the amount of sugar in each container. The Calculations Key is a resource for partners (not for distribution or display), with recommended uses for the cards.</p> <p>Set includes:</p> <ol style="list-style-type: none"> 1. Calculations Key 2. Water 3. 100% Orange Juice 4. Lowfat 1% milk 5. Soda (can) 6. Sports Drink 7. Energy Drink 8. Sweetened Tea 9. Fruit-flavored soda 10. Juice Drink 11. Fruit Nectar 12. Vitamin-added Water 	<p>8-1/2 " x 12" Set of 12</p> <p>English – Currently ready to print; order coming soon for distribution to LHDs and RNS. Contact the State <i>Rethink Your Drink</i> Team for PDF in the interim.</p> <p>Spanish – Currently in production</p>
	<p>Calculating How Much Sugar is in a Container</p> <p>An update from the Sugar Savvy series created by BANPAC, this handout can be used in nutrition education to teach people how to calculate the teaspoons of sugar in a container.</p>	<p>8-1/2" x 11" Available in PDF only.</p> <p>English: Will be available from the <i>Rethink Your Drink</i> Resource page. Contact the State <i>Rethink Your Drink</i> Team for PDF in the interim.</p> <p>Spanish – Currently in production</p>

SUGAR HAS MANY NAMES:
 Sugar comes in many forms, here are some common words for sugar in the ingredients list:
 • Brown sugar • Honey
 • Cane juice • Maltodextrin
 • Corn syrup • Maltose syrup
 • Dextrose • Molasses
 • Fructose • Powdered sugar
 • Glucose • Rice sugar
 • Sucrose

Nutrition Facts
 Serving Size 1 Bar
 Servings Per Container 6
 Amount Per Serving % Daily Value
 Calories 150
 Total Fat 2.5 g 4%
 Saturated Fat 0 g 0%
 Trans Fat 0 g 0%
 Cholesterol 5 mg 0%
 Sodium 85 mg 4%
 Total Carbohydrate 30 g 10%
 Dietary Fiber 2 g 4%
Sugars 12 g
 Protein 3 g
 Potassium 300 g

INGREDIENTS:
 Cold brew, 100% corn syrup, sugar, fructose, whole grain rolled oats, dextrose, salt and fruit clusters, toasted oats, rolled oats, sugar, soybean oil, honey, powdered sugar, rolled oats, strawberry flavored syrup, corn syrup, brown sugar, natural and artificial flavors, high fructose corn syrup, vegetable oil, contains 2% to less of potassium chloride, sodium sugar, natural and artificial flavor, salt, nonfat dry milk, whole wheat flour, vitamin A, B6, riboflavin, folic acid, calcium B12.

Show Me the Sugar!

An update from the Sugar Savvy series created by BANPAC, this handout can be used in nutrition education to teach people how to recognize names of sugar in the Ingredients list on containers.

8-1/2" x 11"
 Available in PDF only.

English: Will be available from the *Rethink Your Drink* [Resource page](#). Contact the State *Rethink Your Drink* Team for PDF in the interim.

Spanish – Currently in production

Approved Curriculum Resources

Build a Healthy Plate with Less Added Sugars
 Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

Sugars are found naturally in fruits, milk, yogurt, and cheese. However, the majority of sugars in typical American diets are "added sugars." You can help children stay healthier as they grow by providing them with foods and beverages with fewer added sugars. It is important to remember that:

- The extra calories in added sugars can make children feel full before they've had a chance to get the nutrients they need from other foods.
- The extra calories from added sugars also make it harder for children to grow at a healthy weight.
- Added sugars are often called "empty calories" because they add calories to the diet without adding any nutrients.
- Sugar also increases the risk for dental cavities.

What can I do to limit foods and beverages with added sugars?

The major sources of added sugars: Soda, fruit drinks, coffee, juice, cookies, dairy desserts, and candy are the major sources of added sugars for children and adolescents 2 to 12 years old. For younger children, sugar-sweetened beverages and cold cereals are the top sources. Other foods that have no added sugars. Here are some substitutions of foods to choose for children 2 years and older:

Instead Of:	Choose:
Flavored milk	Unflavored fat-free or low-fat milk (1% fat or less)
Sweetened yogurt	Fat-free or low-fat plain yogurt topped with fruit
Ice cream or frozen yogurt	Frozen fruits that don't contain added sugars, or frozen 100% fruit bars
Sweetened breakfast cereals	Cereals with little or no added sugar, whole-grain cereals, or cereals with fruit
Candy	Whole-grain crackers, graham crackers, or plain added cereals
Canned fruit in syrup, or sweetened apple sauce	Fruit canned in water or 100% fruit juices, unsweetened applesauce
Flavored, plain, or carbonated drinks	Fruit drinks, lemon, or orange juice or 100% juice, fruit cubes, or flavored fruits (like flavored apples or pears)
Ice or jelly	100% fruit spread
Soda, fruit-flavored drinks, fruit cocktails, or fruit punch	Water, coffee or tea (not milk), or 100% juice (see above how to top or "top" cooking of 100% juice a day)

Build a Healthy Plate with Less Added Sugars

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program Team Nutrition USDA

<http://www.fns.usda.gov/tn/Resources/nutritionandwellness/sugars.pdf>

LEVEL 1
 Grades 1 & 2
 Choose MyPlate.gov

LEVEL 2
 Grades 3 & 4
 Plate.gov

LEVEL 3
 Grades 5 & 6
 Plate.gov

MyPlate Yummy Curriculum
 Standards-Based Nutrition Education

Yummy Curriculum

This curriculum is separated into Grades 1-2; 3-4; and 5-6. Includes lessons and handouts.

For *Rethink Your Drink*, please refer to Lesson 3 in each grade level.

The curriculum and handouts for Grades 4-5 can be adapted for use with low literacy adults.

PDFs of Lesson 3 will be made available on the *Rethink Your Drink* [Resource page](#)

- [Lesson 3 in each grade level](#)
- [Lesson 3 in Grades 4-5](#)

Full curriculum: <http://teamnutrition.usda.gov/Resources/servingupmyplate.htm>

Juice or Fruit Drinks?

Why Fruit Juice?
Juice is a way to enjoy fruit. Keeping 100% juice on hand is good for your whole family! Here's what juice provides:

- **Vitamin C** to help heal cuts and bruises, fight infections, and use iron from food.
- **Vitamin A** in some juices for healthy eyes and skin.
- **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% juice.

Juice is mostly water. Like you, your child needs enough fluid to stay healthy.

How Much Juice?
Offer your child enough, but not too much:
Ages 2 to 5: when serving 100% juice, offer no more than 1/2 to 1/4 cup depending on age, gender, and activity level.

Go Easy...
Because juice is convenient, it is easy to drink too much of it. There is also drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified cereals, your child may not get enough bone-building calcium.
- Sipping juice a bit prevents cavities. Sometimes diarrhea is a problem, too.

Try to offer lowfat or fat-free milk or water as an alternative beverage.

Modeled by...
NIBBLES FOR HEALTH 19 Nutrition Handouts for Parents of Young Children, USDA, Food and Nutrition Service

Juice or Fruit Drinks?

Nibbles Newsletter 19: Nutrition Newsletter for Parents of Young Children
USDA Food Nutrition Services

http://www.fns.usda.gov/tn/Resources/Nibbles/Nibbles_Newsletter_19.pdf

10 tips choose MyPlate
10 tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

- 1 balance calories**
Find out how many calories (kcal) need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.
- 2 enjoy your food, but eat less**
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Learn to recognize when to eat and when you've had enough.
- 3 avoid oversized portions**
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
- 4 foods to eat more often**
Eat more vegetables, fruits, whole grains, and low-fat or 1% milk and dairy products. These foods have the nutrients you need for health-improving cholesterol, vitamin D, and fiber. Make them the base for meals and snacks.
- 5 make half your plate fruits and vegetables**
Choose red, orange, and dark green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
- 6 switch to fat-free or low-fat (1%) milk**
Go from the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- 7 make half your grains whole grains**
Go from white grains, including a white grain product for a refined product—such as white whole-wheat bread, brown rice, whole-grain cereal, or whole-grain pasta.
- 8 foods to eat less often**
Cut back on foods high in solid fat, added sugars, and salt. They include cakes, pies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausage, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.
- 9 compare sodium in foods**
Use the Nutrition Facts label to choose lower sodium versions of foods like soups, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."
- 10 drink water instead of sugary drinks**
Cut calories by drinking water or unsweetened beverages. Soft, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

USDA Food and Nutrition Service
Go to www.ChooseMyPlate.gov for more information.

100% Fat-Free Milk is your best choice for calcium and protein.

MyPlate 10 Tips Nutrition Education Series

All of the 10 Tips flyers are available for download and printing.

With *Rethink Your Drink* nutrition education, please always include the "Choose MyPlate" 10 tips flyer as one of your handouts.

English and Spanish

English:
<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

Spanish:
<http://www.choosemyplate.gov/en-espanol.html>

Peer-led CalFresh Promotion Program Lesson Plans

Lesson Three
Sugary Drinks, Lessons Review, and Celebration

cal fresh

CalFresh Lesson Three

Lesson 3 in the CalFresh Promotion Program Lesson Plans has been updated so it is approved for use by the Network.

Coming soon: Link to PDF from the *Rethink Your Drink* [Resource page](#)

Contact the State *Rethink Your Drink* Team for the PDF in the interim.