



BE SUGAR SAVVY TRAIN-THE-TRAINER

Did you know that there are about **10 teaspoons of sugar** in just **one 12-ounce can of regular soda**?

Ordering **water** instead of **soda** in restaurants just once a week saves you **\$78** and **12,480 calories** every year!

Learn how to “**Be Sugar Savvy**” and share it with others at this fun and practical Train-the-Trainer workshop! You will get the tools you need to implement the Soda Free Summer campaign at your worksite, program, or organization. www.sodafreesummer.org

April 21 and May 19 from 10-11:30 AM

30 Van Ness Ave., Suite 2300 in the Training Room
(Located next to Walgreens at the Van Ness Muni station)
RSVP to Marianne Szeto (marianne.szeto@sfdph.org)

** If your organization RSVPs before February 15 with the quantities of brochures (available in English, Spanish, Chinese, and Vietnamese) and signs up for (and actually attends!) a Sugar Savvy Training, Shape Up will deliver materials to you sometime in May. Contact Marianne for more information.

