



Did You Know?

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

Did You Know?

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



Bay Area Nutrition & Physical Activity Collaborative



Bay Area Nutrition & Physical Activity Collaborative