



Did You Know?

25% of bottled water companies just **fill their bottles with plain tap water!** Bottled water is **expensive, uses up resources** to package and ship, and creates **tons of waste** every year that ends up in landfills.

Drink **tap** water—it's **free!**

Did You Know?

Soda is **twice as bad** when it comes to **calcium!** Soda contains **no calcium**, and it does contain **phosphoric acid**, which **damages your teeth and bones**, and makes them weak!



Bay Area Nutrition & Physical Activity Collaborative



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