

**Have a Soda Free Summer!**

**“Drink  
Water!”  
Said the Otter**



**Dear Parent/Guardian,**

We're very excited to introduce the **Soda Free Summer** campaign! Why join other Bay Area families who are taking the pledge to be soda free this summer? Soda and sweetened drinks can lead to health problems and cavities, yet children today are drinking more soda than ever.

The program starts off with a short, fun book called **“Drink Water!” Said the Otter**, which will be read to your child during the day. We'll also have other fun activities to teach them about healthy drinks for children and adults.

In the next few days, we'll be sending your child home with a brochure explaining more about **Soda Free Summer** and asking your family to pledge to be soda free. Please sign the pledge card and join our 10-week campaign to give up soda and other sweetened beverages—for just one summer. Doing this together as a family makes it easier for everyone to stick to it! You will learn more about the good reasons to rethink your drink, and why it's important to make healthy drink choices.

Please visit [www.sodafreesummer.org](http://www.sodafreesummer.org) for more information about the campaign. Thank you in advance for your support, and here's to a successful **Soda Free Summer!**

Sincerely,

Your Child Care Provider

This program is from BANPAC, the Bay Area Nutrition and Physical Activity Collaborative. BANPAC is a project of Santa Clara County Public Health Department.

