

Have a Soda Free Summer!

“Drink Water!” Said the Otter



Dear Teacher/Child Care Provider,

Welcome to the **Soda Free Summer** campaign--a 10-week campaign from the Bay Area Nutrition and Physical Activity Collaborative (BANPAC) that encourages families from around the Bay Area to rethink their drink. Our goal is to challenge people to not drink soda or other sweetened beverages for just one summer, and choose healthier beverages instead.

This program has been very successful over the past two years. This year, we're excited to introduce an educational toolkit specifically for early childhood.

Why be soda free? Children today are drinking more soda than ever. This contributes to the rising rates of poor dental health and childhood obesity in our country. Regular soda is loaded with sugar (about 10 teaspoons in just one can!), high in calories, and damaging to teeth and bones. Even diet soda contains phosphoric acid, which deteriorates tooth enamel.

We want our kids to grow up healthy and strong, and we know that habits form early. That's why we've put together the **Soda Free Summer** campaign—to educate kids about the healthy choices they can make, in a fun and active way.

In this toolkit, you'll find the following materials that support the campaign:

- A 12-page, rhyming book titled **“Drink Water!,” Said the Otter** to read to the children during story time
- 4 activity sheets for the children to complete after the book has been read, to reinforce key messages
- 10 **“Did You Know?”** flyers with 10 different **Soda Free Summer** “fun facts,” to be displayed one each week over the 10 week period. Please place these where parents and guardians will be most likely to see them during pick up/drop off times (like the sign-in sheets or weekly info board).
- Pledge cards to distribute to children and families that encourage them to formalize their **Soda Free Summer** commitment Please ask the children to bring these back to school and drop a bundle in the mail when you have collected them.

If you have any questions or would like more information about this campaign, please visit www.sodafreesummer.org where you will also find information about additional campaign efforts in your area.

Thank you in advance for your help with this very important effort!



Bay Area Nutrition & Physical Activity Collaborative