



Rethink Your Drink Training



March 4th, 2015
10:00 am – 11:00 am

Lassen County Department of Public Health
1445 Paul Bunyan Road, Suite B
Susanville, CA 96130

Agenda

Meeting Objectives:

By the end of the training, participants will:

- Understand components of the RYD campaign.
- Understand how to read labels on sugar sweetened beverages (SSB) and determine how much sugar is in common SSB.
- Be able to identify approaches and paths to integrate RYD into early childhood settings and resource centers.

10:00 – 10:05 am **Welcome**

10:05 – 10:20 am **Nuts & Bolts: of the Rethink Your Drink (RYD) Campaign**

- What It Is and How to Use It In Early Childcare Settings

10:20 – 10:50 am **Practical Approaches for Integrating RYD into Work**

- Nutrition Facts Scavenger Hunt
- Approved RYD Materials
- Potter The Otter – The Picnic
- The RYD Wheel

10:50 – 11:00 am **Closing, Reflections, & Insights**