

GO FOR H₂O

**POWER
PLAY**

Drink Water Every Day!



**It's free!
Carry a
water bottle**

**It helps our
eyes, nose,
and mouth**

**The body
needs water
to live**

Eat Healthy. Be Active. Have Fun!



This material was produced by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP-E, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.