California Department of Public Health
Nutrition Education and Obesity Prevention Branch

Rethink Your Drink Campaign

Approved Nutrition Education Resources

As of September 15, 2014

This list will be updated regularly. Please check with the *Rethink Your Drink* team for the latest updates. All materials *not on this list* that use the *Rethink Your Drink* logo require approval before use or distribution. Please see the *Rethink Your Drink* Branding Guidelines for more information.

***Rethink Your Drink Campaign* team:**

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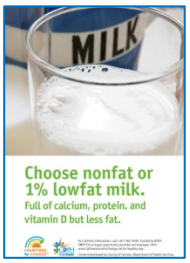
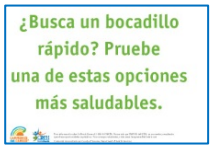
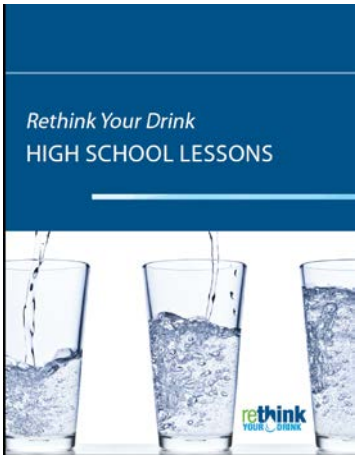
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	"Choose Health. Drink Water." Poster This poster incorporates the information shared in the Calculations Key of the Drink Label Card kit. Graphically illustrates the type of drink, number of teaspoons of sugar, and minutes of quick walking needed to burn off the calories from the drink.	English | Spanish ENG 12" x 18" Part # **SIGN-556** ENG 18" x 24" Part # **SIGN-558** SPA 18" x 24" Part #**300295** **NEW** Available in online order system. PDFs are available on the *Rethink Your Drink* Resource page.
 	Water Recipe Card **NEW** This two-sided recipe card features four different flavored water recipes and serving tips. Recipes: 1. Kiwi Berry Blend 2. LOL Blend 3. Rosemary Watermelon 4. Peachy Strawberry Medley	ENG | SPA Available in online order system. PDFs are available on the *Rethink Your Drink* Resource page.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	**Retail Signs – Healthy Drinks and Snacks – 4x6 Set NEW** Thanks to the County of Sonoma Department of Health Services for their work in creating these retail signs and for sharing them with everyone. These signs have been approved for use by NEOPB contractors. These PDFs are print-ready; printed copies are not available at this time.	ENG | SPA **Available in PDF only.** **4x6 retail sign set** PDFs are available on the *Rethink Your Drink* Resource page.
	**Retail Signs – Healthy Drinks and Snacks – 7x5 Set NEW** Thanks to the County of Sonoma Department of Health Services for their work in creating these retail signs and for sharing them with everyone. These signs have been approved for use by NEOPB contractors. These PDFs are print-ready; printed copies are not available at this time.	ENG | SPA **Available in PDF only.** **7x5 retail sign set** PDFs are available on the *Rethink Your Drink* Resource page.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	Retail Signs – Healthy Drinks and Snacks – 8x11 Set NEW Thanks to the County of Sonoma Department of Health Services for their work in creating these retail signs and for sharing them with everyone. These signs have been approved for use by NEOPB contractors. These PDFs are print-ready; printed copies are not available at this time.	ENG | SPA **Available in PDF only.** **8x11 retail sign set** PDFs are available on the *Rethink Your Drink* Resource page.
	***Rethink Your Drink* High School Lessons** The *Rethink Your Drink* High School Lessons are designed for teachers who work with high school-aged youth. The *Rethink Your Drink* high school lesson set includes: Lesson One: What's in Your Drink? Lesson Two: Think Before You Drink! Lesson Three: Empower Yourself–Choose Healthy Drinks Additional Resources	**Available in PDF only**. Lessons – English only Handouts – ENG | SPA Download PDF of lesson and handouts from the *Rethink Your Drink* Curriculum page.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	Guide for Presenting *Rethink Your Drink* at Fairs and Festivals Based on the Community Events Manual, this guide gives recommendations for hosting a *Rethink Your Drink* booth at an event. The Guide includes the following : • Instructions and tips for developing an effective *Rethink Your Drink* booth • *Rethink Your Drink* Spin Wheel Quiz (Eng | Spa) • Event Planning Worksheet • Pre-event Planning Timeline • Event Analysis Report	Available in English only. Print copies are included in each *Rethink Your Drink* Spin Wheel Kit. PDFs are available on the *Rethink Your Drink* Resource page.
	***Rethink Your Drink* Lesson – Choosing Healthy Beverages** Interactive one hour lesson for adult participants. By the end of this lesson, participants will be able to: 1. Describe how healthy beverages fit into the *MyPlate* dietary recommendations; 2. Understand the link between sugary drinks, obesity, and type 2 diabetes; 3. Identify types of sugary drinks in their diets; 4. Calculate the amount of sugar in beverages they commonly drink; 5. Identify drinks with less or no added sugar.	**Available in PDF only**. Lesson – ENG | SPA Handouts – ENG | SPA Download PDF of lesson and handouts from the *Rethink Your Drink* Curriculum page. TOT on *Rethink Your Drink* lesson. It can also be adapted to use when leading a lesson. Download PowerPoint from the *Rethink Your Drink* Curriculum page.

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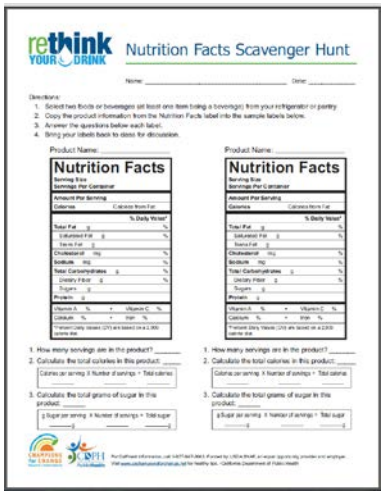
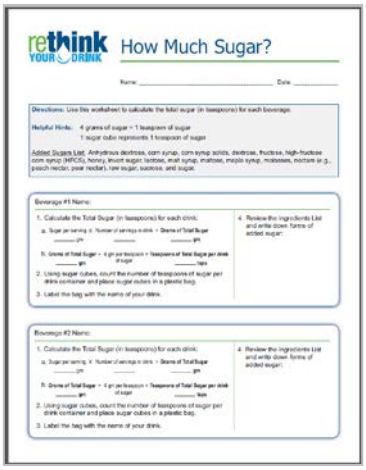
 rethink YOUR DRINK Nutrition Facts Scavenger Hunt	***RYD* Lesson Handout: Nutrition Facts Scavenger Hunt** Take-home activity sheet to practice: 1. Nutrition Facts label reading 2. Calculating total calories in a container 3. Calculating the teaspoons of sugar Participants use nutrition labels from foods and beverages found in their pantry and refrigerator. For use with the *Rethink Your Drink* Lesson and *Rethink Your Drink* High School Lessons.	8-1/2" x 11" **Available in PDF only.** ENG | SPA Download PDFs from the *Rethink Your Drink* Curriculum page.
 rethink YOUR DRINK How Much Sugar?	***RYD* Lesson Handout: How Much Sugar?** Activity sheet to practice label reading and calculating the teaspoons of sugar in foods and beverages. For use with the *Rethink Your Drink* Lesson and *Rethink Your Drink* High School Lessons.	8-1/2" x 11" **Available in PDF only.** ENG | SPA Download PDFs from the *Rethink Your Drink* Curriculum page.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***Rethink Your Drink* - Drink Label Cards** For use in displays and lessons for label reading on different types of beverages. Each card includes a drink image and a generic Nutrition Facts Label that can be used when displaying the amount of sugar in each container. The Calculations Key is a resource for partners (not for distribution or display), with recommended uses for the cards. Set includes: 1. Calculations Key 2. Water 3. 100% Orange Juice 4. Lowfat 1% milk 5. Soda (can) 6. Soda (bottle) 7. Sports Drink 8. Energy Drink 9. Sweetened Tea 10. Fruit-flavored soda 11. Juice Drink 12. Fruit Nectar 13. Vitamin-added Water	8-1/2 " x 12" Set of 13 ENG | SPA English Part #: **KIT-669** Spanish Part # **KIT-679** Download PDFs from the *Rethink Your Drink* Resources page. Also for use with the *Rethink Your Drink* Lesson and *Rethink Your Drink* High School Lessons.
	Beverages: Make Every Sip Count This information sheet supports healthy beverage education with information on label reading, serving size, and tips on choosing healthy drinks. Developed in collaboration with the Dairy Council of California and the Orange County Nutrition & Physical Activity Collaborative. Also for use with the *Rethink Your Drink* Lesson and *Rethink Your Drink* High School Lessons.	8-1/2" x 11", double-sided Part #: **SIGN-676** ENG|SPA Part #: **SIGN-677** ENG|VIE Order from online ordering system. Download PDFs from the *Rethink Your Drink* Curriculum page.

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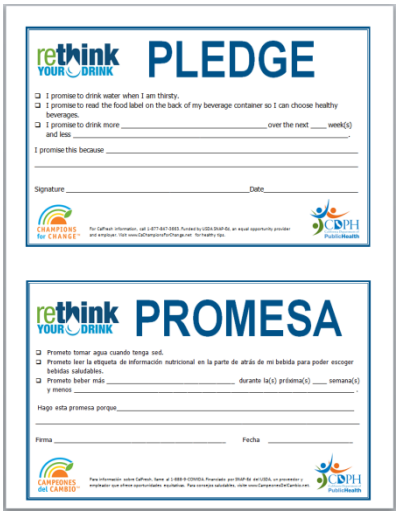
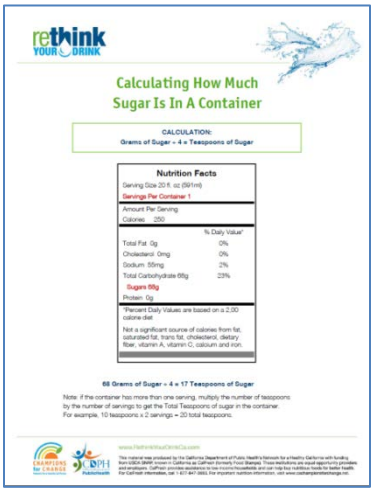
	***Rethink Your Drink* Pledge** The *Rethink Your Drink* Pledge reinforces nutrition education lessons about choosing healthy beverages.	ENG / SPA Two cards on one 8-1/2" x 11" **Available in PDF only.** Download PDF from the *Rethink Your Drink* Resources page or the *Rethink Your Drink* Curriculum page.
	***Rethink Your Drink* Certificate** For use by schools and organizations to recognize individuals who participate in nutrition education on healthy beverages.	8-1/2" x 11" **Available in MS Word only.** ENG | SPA Download Word docs from the *Rethink Your Drink* Resources page or the *Rethink Your Drink* Curriculum page.
	**Calculating How Much Sugar is in a Container** An update from the Sugar Savvy series created by BANPAC, this handout can be used in nutrition education to teach people how to calculate the teaspoons of sugar in a container. Also for use with the *Rethink Your Drink* Lesson.	8-1/2" x 11" **Available in PDF only.** ENG | SPA Download PDFs from the *Rethink Your Drink* Curriculum page.

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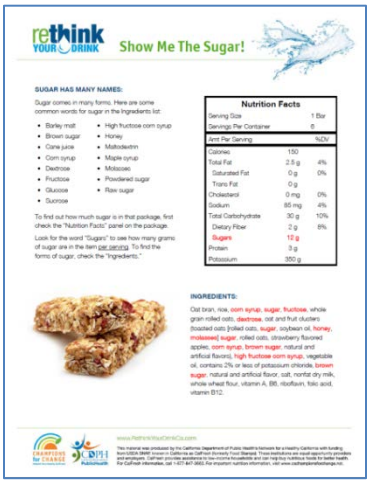
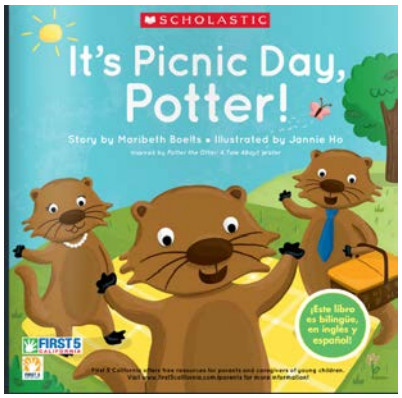
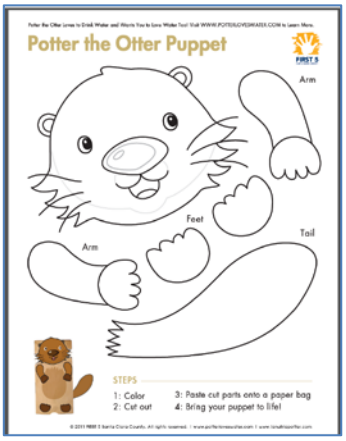
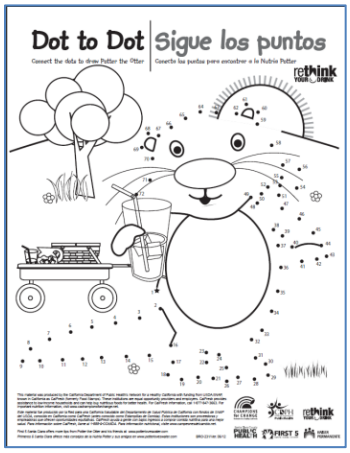
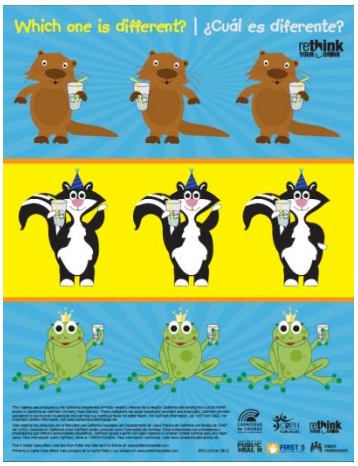
	**Show Me the Sugar!** An update from the Sugar Savvy series created by BANPAC, this handout can be used in nutrition education to teach people how to recognize names of sugar in the Ingredients list on containers. Also for use with the *Rethink Your Drink* Lesson.	8-1/2" x 11" **Available in PDF only.** ENG | SPA Download PDFs from the *Rethink Your Drink* Curriculum page.
	Early Childhood Bookmarks NEW These colorful bookmarks make a nice take-away for parents and other adult caregivers working with young children. Created in collaboration with the Contra Costa Child Care Council. There are 3 different bookmarks, printed double-sided: 1. Healthy beverages (shown) 2. Fruit and vegetables 3. Whole grains Each bookmark has two sides of messages.	**Available in PDF only.** ENG | SPA Download PDFs from the *Rethink Your Drink* Resources page
	***It's Picnic Day, Potter!* Book UPDATED and e-Book** Follow Potter as he gets ready for a picnic by choosing healthy foods to pack and games to play with his friends. The free e-book also includes activity pages for children. ***Note***: This is the only book that has been approved for use with the *Rethink Your Drink Campaign*.	ENG | SPA Limited book supply available for NEOPB contractors. Part # **BRO-409** E-book: UPDATED http://www.scholastic.com/first5/pdfbook/ Digital e-book, online kids activities, family and teacher resources http://www.scholastic.com/first5/

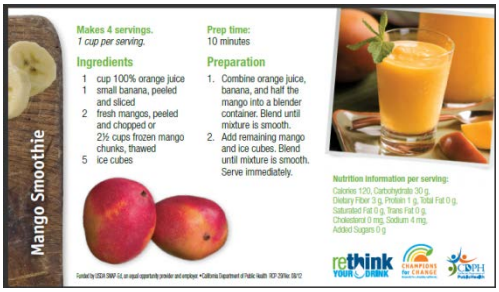
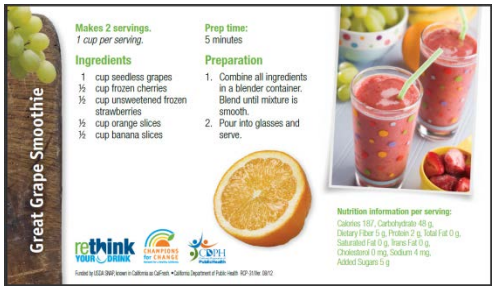
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***Potter the Otter* Common Core Ready Materials for PreK and Kindergarten** **NEW** Note to Teachers and three worksheets 1) Take a Vote! 2) A Delicious Dish! 3) Rainy Day Fun Three worksheets 1) It's Picnic Day, Potter! 2) Potter's Friends 3) Recipe: Yogurt Towers	**Available in PDF only.** http://www.scholastic.com/first5/pdf/first5_prekk_ptg_bk.pdf http://www.scholastic.com/first5/pdf/first5_prekk_twp.pdf
	***Potter the Otter* Puppet Activity** Kids can make their own Potter the Otter puppet with this template. This interactive activity connects children with the main character of the popular *Potter the Otter* books. Created by First 5 Santa Clara, the originators of the *Potter the Otter* stories and characters. Materials needed: Puppet printout, paper bags, glue, scissors, crayons/markers	**Available in PDF only.** English PDFs are available on the *Rethink Your Drink* Resource page.
	***Potter the Otter Loves to Drink Water* Clinic/Library Kit** Each kit includes: Posters - 1 pack of 5 Tip Sheets - 4 packs of 50 Postcards – 2 packs of 50 Table tents – 1 pack of 5 Stickers – 1 roll each (50) Eng. & Spn. Dot to dot Activity sheet – 1 pack of 30 Coloring Sheet – 1 pack of 30 Maze – 1 pack of 30 Puppets – 1 sheet	ENG | SPA Part # **KIT-671** Available through the online ordering system.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***Potter the Otter Loves to Drink Water* Poster** This colorful bilingual poster features the lead character in the popular First 5-created book, *Potter the Otter Loves to Drink Water*, available at www.potterloveswater.com. Three key nutrition education points provide complementary healthy beverage messages: 1. Drink water when you are thirsty. 2. Limit 100% juice to 4-6 oz per day. 3. Serve water or lowfat milk at meals and snack times.	ENG | SPA 18" x 24" Quantity: packs of 5 Part # **SIGN-542** Available for order or download through the online ordering system. PDFs are available on the *Rethink Your Drink* Resource page.
	***Potter the Otter Loves to Drink Water* Tip Sheet** Potter's friends appear on these bilingual take-home tip sheets. The three key nutrition education points from the Otter poster are repeated, with specific suggestions for caregivers. Be a Role Model By: 1. Drinking water; 2. Participating in exercise/physical activity time; 3. Serving water or low-fat milk at meals and snack times; 4. Rewarding kids with non-food items.	ENG | SPA double-sided 5" x 7" Quantity: 50-sheet pad with cardboard back Part # **BRO-238** Available for order or download through the online ordering system. PDFs are available on the *Rethink Your Drink* Resource page.
	***Potter the Otter Loves to Drink Water* Postcard** Potter and all his healthy animal friends are showcased on this postcard, along with the three key nutrition education points from the poster and tip sheet. The postcards can be used as class/appointment reminders, notes to parents, or personal goal reminders.	ENG | SPA 6" x 8" Quantity: packs of 50 Part # **BRO-230** Available for order or download through the online ordering system.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	Potter the Otter Loves to Drink Water **Table tents** These bilingual table tents can be used to provide office and classroom décor to reinforce targeted health promotion messages. One side has the three nutrition education points from the poster and postcards. The other side contains the 'Role Model' messaging from the tip sheet.	English | Spanish 5-1/2" x 8-1/2"; folded; 3" base Quantity: pack of 5 Part # **BRO-236** Available for order or download through the online ordering system.
	Potter the Otter Loves to Drink Water **Stickers - English** Each roll of stickers contains two alternating designs. Use them in conjunction with a full-scale Otter-branded healthy beverage campaign: • Use on reward charts or line graphs in classroom-based activities • Give to children that actively participate and engage in healthy beverage lessons, activities and booth events • Award children upon the completion of a lesson or appointment where healthy beverages are emphasized. • Decorate reusable cups and water stations	ENG | SPA 3" x 3" Quantity: rolls of 50 English Part # **NERI-603** Spanish Part # **NERI-604** Available through the online ordering system.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***Potter the Otter Loves to Drink Water* Puppets** Potter the Otter and all of his animal friends are featured on this color cut-out page. Children can cut out each animal and glue or tape them to wooden craft sticks to act out their own healthy beverage story.	English 11” x 17” Quantity: individual sheets Part # **NERI-605** Available for order or download through the online ordering system.
	***Potter the Otter Loves to Drink Water* Dot-to-dot Activity Sheet** 1 in a series of 3 Activity Sheets Kids make Potter the Otter magically appear as they connect the numerically-labeled dots and color their pal Potter. These heavyweight sheets can be posted in an office or classroom, sent home as a reminder of healthy beverage messaging, or used in a coloring contest.	ENG | SPA 8-1/2” x 11” Black-and-white reproducible Quantity: pack of 30 Part # **BRO-231** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page
	***Potter the Otter Loves to Drink Water* Coloring Activity Sheet** 2 in a series of 3 Activity Sheets This black-and-white coloring activity sheet will keep little hands busy, while showcasing healthy beverages at celebrations and gatherings. Older kids can use the back of page to write down drinks they can serve at their next celebration. These heavyweight sheets can be posted in an office or classroom, sent home as a reminder of healthy beverage messaging, or used in a coloring contest.	ENG | SPA 8-1/2” x 11” Black-and-white reproducible Quantity: pack of 30 Part # **BRO-235** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***Potter the Otter Loves to Drink Water* Maze Activity Sheet** 3 in a series of 3 Activity Sheets Potter and his friends are thirsty for a healthy beverage. At home, doctor/dentist office, or in the classroom, children will enjoy completing the maze and coloring the animals. Children can also use the back of the page to draw their favorite healthy beverage!	ENG | SPA 8-1/2" x 11" Black-and-white reproducible Quantity: Pack of 30 Part # **BRO-232** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page
	***Potter the Otter Loves to Drink Water* "What's wrong in this picture?" Activity Sheet** Potter the Otter and all of his animal friends are featured on this color page. Children have fun trying to find all of the things that don't look "right" in this picture. Caregivers are encouraged to engage in discussion with children about why something is "wrong".	ENG | SPA 8-1/2" x 11" **Available in PDF only.** Part # **BRO-233** Link to PDF from the *Rethink Your Drink* Resource page
	***Potter the Otter Loves to Drink Water* "Which one is different?" Activity Sheet** Kids can find the differences with the Potter characters, all with their glasses of water! This activity engages children with Potter and his friends, while reinforcing that they all like to drink water.	ENG | SPA 8-1/2" x 11" **Available in PDF only.** Part # **BRO-234** Link to PDF from the *Rethink Your Drink* Resource page

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***Rethink Your Drink* Recipe Card - Paradise Freeze** From the *Everyday Healthy Meals* cookbook. No sugar added	ENG | SPA double-sided Part # **RCP-28** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page
	***Rethink Your Drink* Recipe Card - Mango Smoothie** From the *Soulful Recipes* cookbook. No sugar added.	ENG | SPA double-sided Part # **RCP-29** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page
	***Rethink Your Drink* Recipe Card - Strawberry Pineapple Lemonade** From the *Flavors of My Kitchen* cookbook. No sugar added.	ENG | SPA double-sided Part # **RCP-30** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page
	***Rethink Your Drink* Recipe Card - Great Grape Smoothie** From the *Everyday Healthy Meals* cookbook. No sugar added.	ENG | SPA double-sided Part # **RCP-31** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page

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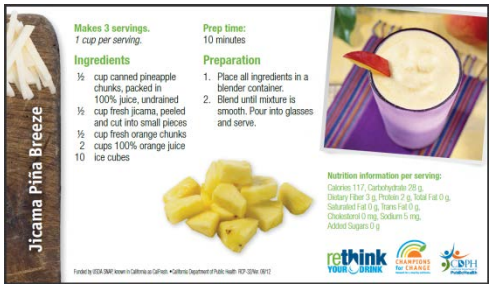
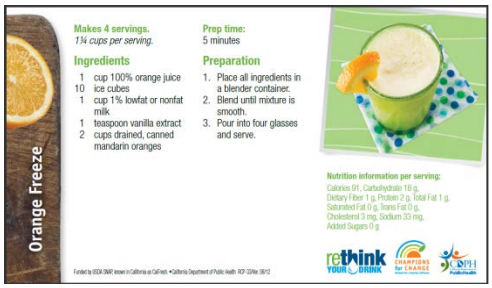
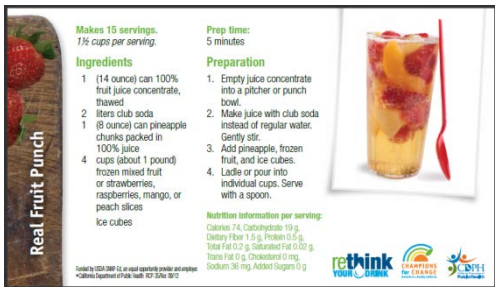
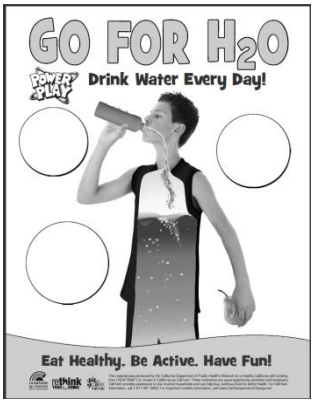
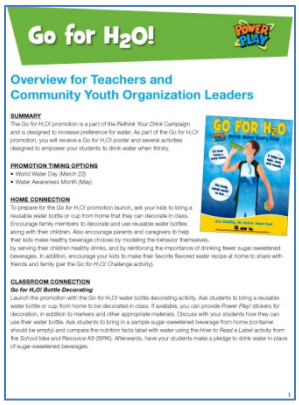
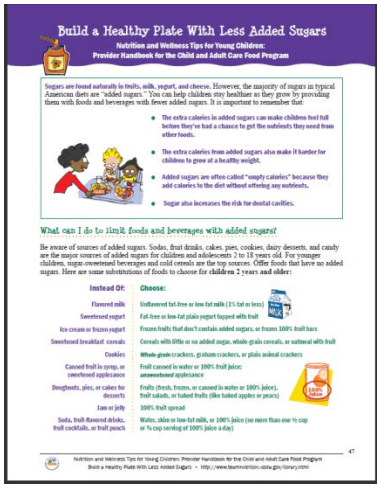
	***Rethink Your Drink* Recipe Card - Jicama Piña Breeze** From the *Healthy Latino Recipes* cookbook. No sugar added.	ENG | SPA double-sided Part # **RCP-32** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page
	***Rethink Your Drink* Recipe Card - Orange Freeze** From the *Kids Get Cooking* cookbook. No sugar added.	ENG | SPA double-sided Part # **RCP-33** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page
	***Rethink Your Drink* Recipe Cards Cucumber Mint Breeze** An original *Rethink Your Drink* flavored-water recipe.	ENG | SPA double-sided Part # **RCP-34** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page
	***Rethink Your Drink* Recipe Cards Real Fruit Punch** From the *Kids Get Cooking* cookbook (new edition). No sugar added.	ENG | SPA double-sided Part # **RCP-35** Available for order or download through the online ordering system. Link to PDF from the *Rethink Your Drink* Resource page

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***PowerPlay!* Go for H2O! Poster** This *PowerPlay!* promotion is designed to increase preference for water and encourage the consumption of water in place of sugar-sweetened beverages among elementary school-aged children. The Go for H2O! lesson includes a Teacher/CYO overview with instructions and a promotional flyer.	18” x 24” ENG: Part # **SIGN-549** SPA: Part# **SIGN-549SP** Available for order or download PDF through the online ordering system.
	***PowerPlay!* Go for H2O! Activity Sheet** This black-and-white coloring activity sheet supports the activities included in the *Go for H2O!* Overview. Students can fill in the blank bubbles with healthy beverage facts and tips, and color it in with their own creative flair.	8-1/2” x 11” Black-and-white reproducible. ENG | SPA Part# **BRO-398** Download from the Rethink Your Drink Resources page. English PDF Spanish PDF
	***PowerPlay!* Go for H2O! Overview for Teachers and Community Youth Organization Leaders** The *Power Play! Campaign*’s *Go for H2O!* promotion is designed to increase preference for water. This overview sheet gives suggestions for activities and implementation of *Go for H2O!* activities in schools and youth-focused organizations.	8-1/2” x 11” English only Available in PDF only. Download from the Rethink Your Drink Resources page.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***PowerPlay!* Go for H2O! Pledge Card** The *Power Play! Campaign*'s *Go for H2O!* promotion is designed to increase preference for water. This pledge card reinforces nutrition education lessons about choosing healthy beverages.	Two cards on one 8-1/2" x 11" ENG/SPA Available in PDF only. Download from the Rethink Your Drink Resources page.
	Sugar Synonyms poster Text at bottom: "Added sugars contribute to 16% of total calories in the average American diet. " Create an awareness of added sugars in foods by displaying the Sugar Synonyms Poster. This poster features the names of different types of sugar commonly found on a food's ingredient label.	18" x 24" Laminated English only Part# **SIGN-674** Available for order through the online order system.
	How much sugar is in your drink? Poster developed by WIC to show how to calculate grams to teaspoons. NOTE: This poster will be redesigned with the *Rethink Your Drink* logo, look and feel. Until then, please use this version.	**Available in PDF only.** ENG: http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HowMuchSugarPoster.pdf SPA: http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HowMuchSugarPosterSpanish.pdf

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	MyPlate 10 Tips Nutrition Education Series All of the 10 Tips flyers are available for download and printing. With *Rethink Your Drink* nutrition education, **always include the "Choose MyPlate" 10 Tips flyer as one of your handouts**. Other recommendations: -Make Better Beverage Choices -Got Your Dairy Today? -Cut back on your kid's sweet treats	8-1/2" x 11" ENG | SPA English: http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html Spanish: http://www.choosemyplate.gov/en-espanol.html
	**Build a Healthy Plate with Less Added Sugars** Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program Team Nutrition USDA	http://www.fns.usda.gov/tn/Resources/nutritionandwellness/sugars.pdf
	Serving Up MyPlate: A Yummy Curriculum This curriculum is separated into three levels: • Level 1 (grades 1-2) • Level 2 (grades 3-4) • Level 3 (grades 5-6) For *Rethink Your Drink* lessons, please refer to Lesson 3 in each level. The Lesson 3 in Level 3 can be adapted for use with older youth and low literacy adults.	Download zip files from the *Rethink Your Drink* Curriculum page. Yummy Curriculum - Lesson 3 in Levels 1, 2 and 3 (ZIP) Full curriculum: http://teamnutrition.usda.gov/Resources/servingupmyplate.htm

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	Juice or Fruit Drinks? Nibbles Newsletter 19: Nutrition Newsletter for Parents of Young Children USDA Food Nutrition Services	http://www.fns.usda.gov/tn/Resources/Nibbles/Nibbles_Newsletter_19.pdf
	***Rethink Your Drink* Flyer templates** Use these *Rethink Your Drink* flyer templates to announce and promote your *RYD*-related nutrition education events.	On the Champions for Change Communication Resources section.
	***Rethink Your Drink* PPT template** Use this template when creating PPT presentations. Note, all consumer-facing materials must be reviewed and approved by USDA and CDPH.	On the Champions for Change Communication Resources section.

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	***Rethink Your Drink* Sign templates** Use this template when creating signage for your display booths. Note, all consumer-facing materials must be reviewed and approved by USDA and CDPH.	On the Champions for Change Communication Resources section.
	***Rethink Your Drink* Labels** Use to enhance *Rethink Your Drink* branding and educational displays. For use on: • Water dispensers used for spa water tastings • Quart-sized clear jars showcasing samples of a variety of spa waters • Containers showcasing the amount of sugar in various sugary beverages	**Only available by contacting the *Rethink Your Drink* team.** **Restrictions:** • Do not distribute as loose stickers to the public • Do not affix to skin • Do not affix to any branded product *Warning:* These single-use labels have heavy adhesive—do not attempt multiple placements.
	***Rethink Your Drink* Folder** Use to package materials to hand out for *Rethink Your Drink* training events. Folder includes two pockets with a business card slot.	ENG 9”x12” folder Part # **BRO-240** Available through online ordering system.