



Date:

Dear Parent/Guardian,

Over the next month, students will participate in a class project called *Empower Yourself: Choose Healthy Drinks*. This project is a part of the *Rethink Your Drink* campaign, which teaches people how important it is to choose healthy beverages.

Empower Yourself: Choose Healthy Drinks gets students to think and talk about their eating, drinking, and physical activity habits. This lesson helps them to work towards improving their health, with sensible goals to drink less sugary beverages and more healthy drinks.

Students will need your help! Current studies show that teenagers and young adults consume more sugary drinks than any other age groups.

Did you know?

Twelve to 17-year-olds drink at least one sugary beverage every day.

During the week of _____, students will track their drink consumption and calculate the total amount of sugar in each drink.

Your support is important! I have attached *Beverages: Make Every Sip Count* for information that might help you to support your teen and to be a role model for healthy beverages.

Please let me know if you have any questions.

Sincerely,