

**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:**

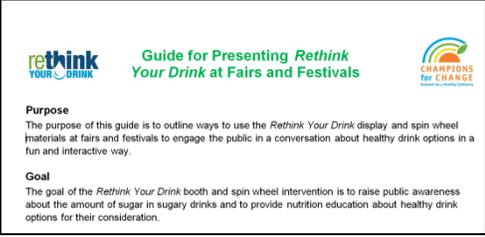
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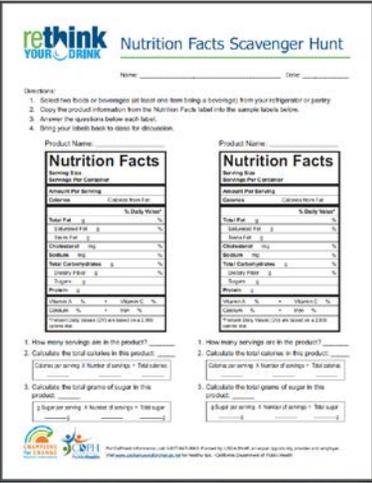
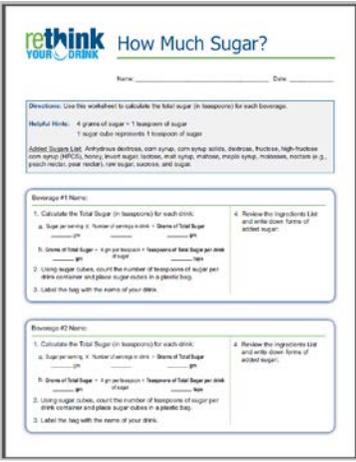
NEOPB Web Storefront Contact Info:
NEOPBcustomer@cdph.ca.gov
(888) 328-3483

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>The poster titled "Choose health. Drink water." compares the sugar and calorie content of various beverages. It lists items like Soda, Sports Drink, Energy Drink, Juice Drink, Craft Beer, Microwave-sweetened Water, and Hardened Tea, along with their respective sugar and calorie amounts. It also includes a visual representation of the number of teaspoons of sugar and the minutes of quick walking needed to burn off the calories from each drink. The "rethink YOUR DRINK" logo is at the bottom.</p>	<p>“Choose Health. Drink Water.” Poster</p> <p>This poster incorporates the information shared in the Calculations Key of the Drink Label Card kit.</p> <p>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.</p>	<p>English Spanish</p> <p>ENG 12” x 18” Part # SIGN-556 ENG 18” x 24” Part # SIGN-558 SPA 18” x 24” Part #300295 NEW</p> <p>Available in online order system.</p> <p>PDFs are available on the <i>Rethink Your Drink</i> Resource page.</p>
 <p>The Water Recipe Card features two recipes. The top recipe is "Kiwi Berry Blend" which includes ingredients like kiwi, strawberries, and lemon, and provides preparation instructions. The bottom recipe is "Peachy Strawberry Medley" which includes ingredients like peach, strawberry, and lemon. Both recipes include a "Preparation" section and a "Serving Size" section. The card also includes the "rethink YOUR DRINK" logo and the slogan "Drink water instead of sugary drinks."</p>	<p>Water Recipe Card NEW</p> <p>This two-sided recipe card features four different flavored water recipes and serving tips.</p> <p>Recipes:</p> <ol style="list-style-type: none"> 1. Kiwi Berry Blend 2. LOL Blend 3. Rosemary Watermelon 4. Peachy Strawberry Medley 	<p>ENG SPA</p> <p>Available in online order system.</p> <p>PDFs are available on the <i>Rethink Your Drink</i> Resource page.</p>

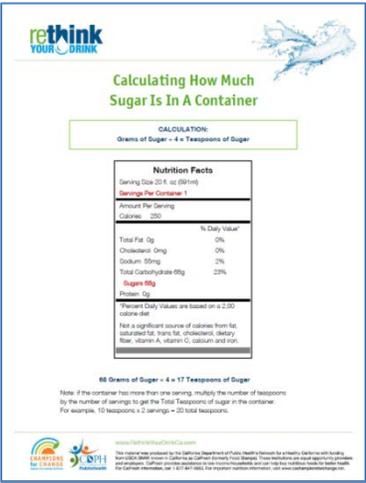
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Retail Signs – Healthy Drinks and Snacks – 4x6 Set NEW</p> <p>Thanks to the County of Sonoma Department of Health Services for their work in creating these retail signs and for sharing them with everyone.</p> <p>These signs have been approved for use by NEOPB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

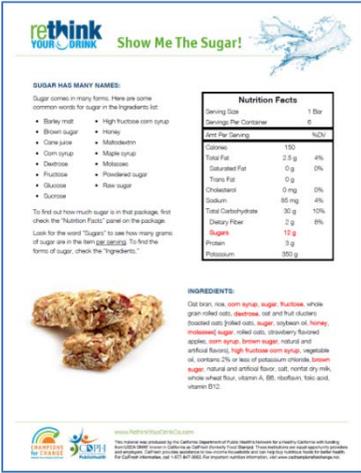
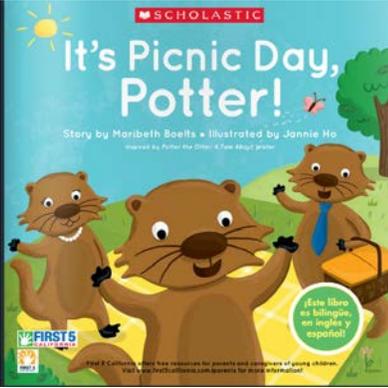
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Retail Signs – Healthy Drinks and Snacks – 8x11 Set NEW</p> <p>Thanks to the County of Sonoma Department of Health Services for their work in creating these retail signs and for sharing them with everyone.</p> <p>These signs have been approved for use by NEOPB contractors. These PDFs are print-ready; printed copies are not available at this time.</p>	<p>ENG SPA</p> <p>Available in PDF only.</p> <p>8x11 retail sign set</p> <p>PDFs are available on the <i>Rethink Your Drink</i> Resource page.</p>
	<p><i>Rethink Your Drink</i> High School Lessons</p> <p>The <i>Rethink Your Drink</i> High School Lessons are designed for teachers who work with high school-aged youth.</p> <p>The <i>Rethink Your Drink</i> high school lesson set includes:</p> <ul style="list-style-type: none"> Lesson One: What’s in Your Drink? Lesson Two: Think Before You Drink! Lesson Three: Empower Yourself– Choose Healthy Drinks <p>Additional Resources</p>	<p>Available in PDF only.</p> <p>Lessons – English only</p> <p>Handouts – ENG SPA</p> <p>Download PDF of lesson and handouts from the Rethink Your Drink Curriculum page.</p>

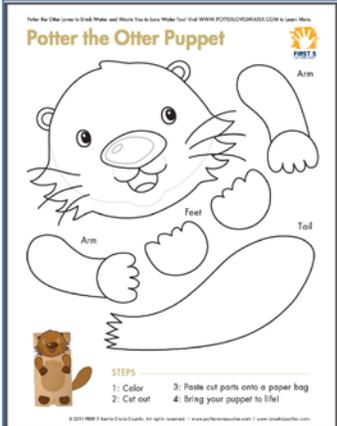
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>Purpose The purpose of this guide is to outline ways to use the <i>Rethink Your Drink</i> display and spin wheel materials at fairs and festivals to engage the public in a conversation about healthy drink options in a fun and interactive way.</p> <p>Goal The goal of the <i>Rethink Your Drink</i> booth and spin wheel intervention is to raise public awareness about the amount of sugar in sugary drinks and to provide nutrition education about healthy drink options for their consideration.</p> 	<p>Guide for Presenting <i>Rethink Your Drink</i> at Fairs and Festivals</p> <p>Based on the Community Events Manual, this guide gives recommendations for hosting a <i>Rethink Your Drink</i> booth at an event. The Guide includes the following :</p> <ul style="list-style-type: none"> • Instructions and tips for developing an effective <i>Rethink Your Drink</i> booth • <i>Rethink Your Drink</i> Spin Wheel Quiz (Eng Spa) • Event Planning Worksheet • Pre-event Planning Timeline • Event Analysis Report 	<p>Available in English only.</p> <p>Print copies are included in each <i>Rethink Your Drink</i> Spin Wheel Kit.</p> <p>PDFs are available on the <i>Rethink Your Drink</i> Resource page.</p>
	<p><i>Rethink Your Drink</i> Lesson – Choosing Healthy Beverages</p> <p>Interactive one hour lesson for adult participants. By the end of this lesson, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe how healthy beverages fit into the <i>MyPlate</i> 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. 	<p>Available in PDF only.</p> <p>Lesson – ENG SPA</p> <p>Handouts – ENG SPA</p> <p>Download PDF of lesson and handouts from the Rethink Your Drink Curriculum page.</p> <p>TOT on <i>Rethink Your Drink</i> lesson. It can also be adapted to use when leading a lesson.</p> <p>Download PowerPoint from the Rethink Your Drink Curriculum page.</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>The image shows a worksheet titled "rethink YOUR DRINK Nutrition Facts Scavenger Hunt". It includes a header with the Rethink Your Drink logo and a title. Below the header are fields for "Name" and "Date". The "Directions" section lists four tasks: 1. Select two foods or beverages (at least one from a refrigerator or pantry), 2. Copy the product information from the Nutrition Facts label into the sample labels below, 3. Answer the questions below each label, and 4. Bring your labels back to class for discussion. The worksheet features two sample Nutrition Facts labels with blank lines for copying information. Below the labels are two sets of questions, each numbered 1-5, asking about calories, total grams of sugar, and teaspoons of sugar in the product and per serving.</p>	<p>RYD Lesson Handout: Nutrition Facts Scavenger Hunt</p> <p>Take-home activity sheet to practice:</p> <ol style="list-style-type: none"> 1. Nutrition Facts label reading 2. Calculating total calories in a container 3. Calculating the teaspoons of sugar <p>Participants use nutrition labels from foods and beverages found in their pantry and refrigerator.</p> <p>For use with the <i>Rethink Your Drink</i> Lesson and <i>Rethink Your Drink</i> High School Lessons.</p>	<p>8-1/2" x 11"</p> <p>Available in PDF only. ENG SPA</p> <p>Download PDFs from the Rethink Your Drink Curriculum page.</p>
 <p>The image shows a worksheet titled "rethink YOUR DRINK How Much Sugar?". It includes a header with the Rethink Your Drink logo and a title. Below the header are fields for "Name" and "Date". The "Directions" section asks students to use the worksheet to calculate the total sugar (in teaspoons) for each beverage. A helpful note states that 4 grams of sugar is 1 teaspoon and 1 sugar cube represents 1 teaspoon of sugar. An "Added Sugars List" includes Artificial sweeteners, corn syrup, corn syrup solids, dextrose, fructose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, malt syrup, molasses, maple syrup, monosaccharides, sucrose, and sugar. The worksheet is divided into two sections, Beverage #1 Name and Beverage #2 Name. Each section contains four numbered steps: 1. Calculate the Total Sugar (in teaspoons) for each drink, 2. Using sugar cubes, count the number of teaspoons of sugar per drink container and place sugar cubes in a plastic bag, 3. Label the bag with the name of your drink, and 4. Review the ingredients list and circle every form of added sugar.</p>	<p>RYD Lesson Handout: How Much Sugar?</p> <p>Activity sheet to practice label reading and calculating the teaspoons of sugar in foods and beverages.</p> <p>For use with the <i>Rethink Your Drink</i> Lesson and <i>Rethink Your Drink</i> High School Lessons.</p>	<p>8-1/2" x 11"</p> <p>Available in PDF only. ENG SPA</p> <p>Download PDFs from the Rethink Your Drink Curriculum page.</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Rethink Your Drink - Drink Label Cards</p> <p>For use in displays and lessons for label reading on different types of beverages.</p> <p>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.</p> <p>Set includes:</p> <ol style="list-style-type: none"> 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 	<p>8-1/2" x 12"</p> <p>Set of 13 ENG SPA</p> <p>English Part #: KIT-669</p> <p>Spanish Part # KIT-679</p> <p>Download PDFs from the Rethink Your Drink Resources page.</p> <p>Also for use with the <i>Rethink Your Drink Lesson</i> and <i>Rethink Your Drink High School Lessons</i>.</p>
	<p>Beverages: Make Every Sip Count</p> <p>This information sheet supports healthy beverage education with information on label reading, serving size, and tips on choosing healthy drinks.</p> <p>Developed in collaboration with the Dairy Council of California and the Orange County Nutrition & Physical Activity Collaborative.</p> <p>Also for use with the <i>Rethink Your Drink Lesson</i> and <i>Rethink Your Drink High School Lessons</i>.</p>	<p>8-1/2" x 11", double-sided</p> <p>Part #: SIGN-676 ENG SPA</p> <p>Part #: SIGN-677 ENG VI</p> <p>Order from online ordering system.</p> <p>Download PDFs from the Rethink Your Drink Curriculum page.</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>The image shows two cards: 'rethink YOUR DRINK PLEDGE' and 'rethink YOUR DRINK PROMESA'. The pledge card has checkboxes for drinking water, reading labels, and limiting sugar intake. The promesa card has similar checkboxes in Spanish. Both cards include signature and date lines, and logos for 'CHANGING THE CHANGE' and 'CDPH Public Health'.</p>	<p>Rethink Your Drink Pledge</p> <p>The <i>Rethink Your Drink</i> Pledge reinforces nutrition education lessons about choosing healthy beverages.</p>	<p>ENG / SPA Two cards on one 8-1/2" x 11" Available in PDF only.</p> <p>Download PDF from the Rethink Your Drink Resources page or the Rethink Your Drink Curriculum page.</p>
 <p>The image shows a 'CERTIFICATE OF APPRECIATION' template. It includes a line for the recipient's name, a space for a message, and lines for the teacher and principal signatures and dates. Logos for 'rethink YOUR DRINK' and 'CDPH' are present.</p>	<p>Rethink Your Drink Certificate</p> <p>For use by schools and organizations to recognize individuals who participate in nutrition education on healthy beverages.</p>	<p>8-1/2" x 11" Available in MS Word only. ENG SPA</p> <p>Download Word docs from the Rethink Your Drink Resources page or the Rethink Your Drink Curriculum page.</p>
 <p>The image shows a handout titled 'Calculating How Much Sugar Is In A Container'. It includes a calculation example: 68 Grams of Sugar ÷ 4 = 17 Teaspoons of Sugar. A nutrition facts table is provided with columns for Amount Per Serving, % Daily Value, and the nutrient name. The table shows values for Total Fat, Cholesterol, Sodium, Total Carbohydrate, and Sugar. A note explains how to calculate total teaspoons of sugar from a container's servings.</p>	<p>Calculating How Much Sugar is in a Container</p> <p>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.</p> <p>Also for use with the <i>Rethink Your Drink</i> Lesson.</p>	<p>8-1/2" x 11" Available in PDF only. ENG SPA</p> <p>Download PDFs from the Rethink Your Drink Curriculum page.</p>

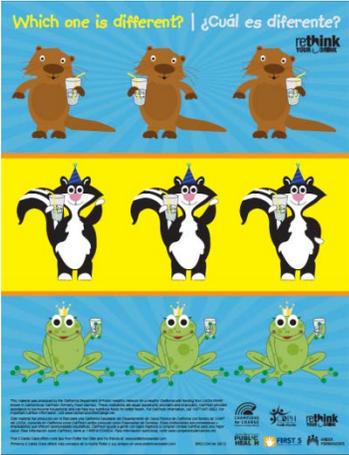
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES																						
 <p>REthink YOUR DRINK Show Me The Sugar!</p> <p>SUGAR HAS MANY NAMES: Sugar comes in many forms. Here are some common words for sugar in the ingredients list:</p> <ul style="list-style-type: none"> • Baked malt • Brown sugar • Cane juice • Corn syrup • Dextrose • Fructose • Glucose • Sucrose • High fructose corn syrup • Honey • Maltodextrin • Maple syrup • Maltose • Invert sugar • Rice sugar <p>Nutrition Facts Serving Size: 1 Bar Servings Per Container: 6 Amount Per Serving: 100%</p> <table border="1"> <tr><td>Calories</td><td>150</td></tr> <tr><td>Total Fat</td><td>2.5g 4%</td></tr> <tr><td>Saturated Fat</td><td>0g 0%</td></tr> <tr><td>Trans Fat</td><td>0g 0%</td></tr> <tr><td>Cholesterol</td><td>0mg 0%</td></tr> <tr><td>Sodium</td><td>85mg 4%</td></tr> <tr><td>Total Carbohydrate</td><td>30g 10%</td></tr> <tr><td>Dietary Fiber</td><td>2.5g 5%</td></tr> <tr><td>Sugars</td><td>12g</td></tr> <tr><td>Protein</td><td>3g</td></tr> <tr><td>Potassium</td><td>300g</td></tr> </table> <p>INGREDIENTS: Oat bran, high fructose corn syrup, sugar, fructose, whole grain rolled oats, ascorbic acid, and fruit clusters. Baked with rolled oats, sugar, soybean oil, honey, emulsified sugar, rolled oats, strawberry flavored apples, corn syrup, brown sugar, natural and artificial flavors, high fructose corn syrup, vegetable oil, contains 2% or less of potassium chloride, brown sugar, natural and artificial flavors, salt, nonfat dry milk, whole wheat flour, vitamin E, B2, potassium, iron, acid, vitamin D12.</p>	Calories	150	Total Fat	2.5g 4%	Saturated Fat	0g 0%	Trans Fat	0g 0%	Cholesterol	0mg 0%	Sodium	85mg 4%	Total Carbohydrate	30g 10%	Dietary Fiber	2.5g 5%	Sugars	12g	Protein	3g	Potassium	300g	<p>Show Me the Sugar!</p> <p>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.</p> <p>Also for use with the <i>Rethink Your Drink Lesson</i>.</p>	<p>8-1/2" x 11"</p> <p>Available in PDF only. ENG SPA</p> <p>Download PDFs from the Rethink Your Drink Curriculum page.</p>
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Sugars	12g																							
Protein	3g																							
Potassium	300g																							
 <p>I want to grow up HEALTHY, so please help me choose what to DRINK.</p> <p>Understand that healthy drinks include water, 100% juice with no added sugar, and water with electrolytes.</p> <p>Offer me water throughout each day.</p> <p>Remind me that my body needs the good things in milk to build strong bones and teeth.</p> <p>Remember to set a good example by also choosing healthy drinks for yourself!</p> <p>Check list:</p> <ul style="list-style-type: none"> ☐ Encourage me to help you water to help children to stay cool and healthy. ☐ Know that adding extra sugar to juice and mixing it throughout the day makes the teeth in sugar the best and causes tooth decay. ☐ Children who drink too many sweet drinks may be heavier, have less energy, get teeth that don't stay healthy, and have more cavities. ☐ Choose fresh, frozen, canned, or dried fruit or vegetables with no added salt, sugar, or oils. ☐ You may see 100% juice listed on the label, but always serving each day. <p>To a good role model for your children when choosing your drinks.</p>	<p>Early Childhood Bookmarks NEW</p> <p>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:</p> <ol style="list-style-type: none"> 1. Healthy beverages (shown) 2. Fruit and vegetables 3. Whole grains <p>Each bookmark has two sides of messages.</p>	<p>Available in PDF only. ENG SPA</p> <p>Download PDFs from the Rethink Your Drink Resources page</p>																						
 <p>SCHOLASTIC</p> <p>It's Picnic Day, Potter!</p> <p>Story by Maribeth Boells • Illustrated by Jannie Ho</p> <p>Illustrated by Potter the Otter! • Age: 4-8 years</p> <p>FIRST5</p> <p><i>(Eats Here in English, Spanish, and Vietnamese)</i></p>	<p>It's Picnic Day, Potter! Book UPDATED and e-Book</p> <p>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.</p> <p>Note: This is the only book that has been approved for use with the <i>Rethink Your Drink Campaign</i>.</p>	<p>ENG SPA</p> <p>Limited book supply available for NEOPB contractors. Part # BRO-409</p> <p>E-book: UPDATED http://www.scholastic.com/first5/pdfbook/</p> <p>Digital e-book, online kids activities, family and teacher resources http://www.scholastic.com/first5/</p>																						

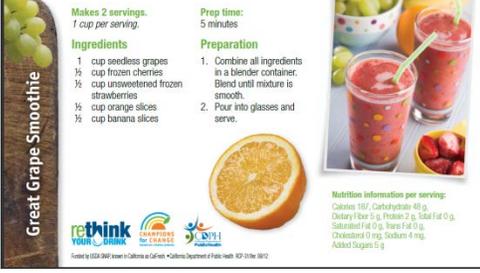
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Potter the Otter Common Core Ready Materials for PreK and Kindergarten</p> <p>NEW</p> <p>Note to Teachers and three worksheets</p> <ol style="list-style-type: none"> 1) Take a Vote! 2) A Delicious Dish! 3) Rainy Day Fun <p>Three worksheets</p> <ol style="list-style-type: none"> 1) It's Picnic Day, Potter! 2) Potter's Friends 3) Recipe: Yogurt Towers 	<p>Available in PDF only.</p> <p>http://www.scholastic.com/first5/pdf/first5_prekk_ptg_bk.pdf</p> <p>http://www.scholastic.com/first5/pdf/first5_prekk_twp.pdf</p>
	<p>Potter the Otter Puppet Activity</p> <p>Kids can make their own Potter the Otter puppet with this template. This interactive activity connects children with the main character of the popular <i>Potter the Otter</i> books.</p> <p>Created by First 5 Santa Clara, the originators of the <i>Potter the Otter</i> stories and characters.</p> <p>Materials needed: Puppet printout, paper bags, glue, scissors, crayons/markers</p>	<p>Available in PDF only.</p> <p>English</p> <p>PDFs are available on the <i>Rethink Your Drink</i> Resource page.</p>
	<p>Potter the Otter Loves to Drink Water Clinic/Library Kit</p> <p>Each kit includes:</p> <ul style="list-style-type: none"> 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 	<p>ENG SPA</p> <p>Part # KIT-671</p> <p>Available through the online ordering system.</p>

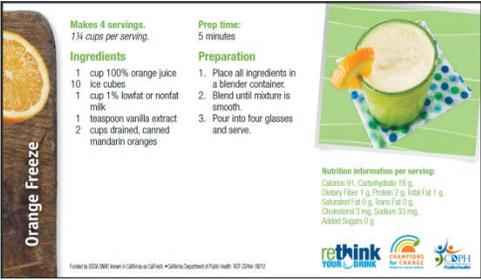
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Potter the Otter Loves to Drink Water Poster</p> <p>This colorful bilingual poster features the lead character in the popular First 5-created book, <i>Potter the Otter Loves to Drink Water</i>, available at www.potterloveswater.com. Three key nutrition education points provide complementary healthy beverage messages:</p> <ol style="list-style-type: none"> 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. 	<p>ENG SPA 18" x 24" Quantity: packs of 5 Part # SIGN-542</p> <p>Available for order or download through the online ordering system.</p> <p>PDFs are available on the <i>Rethink Your Drink</i> Resource page.</p>
	<p>Potter the Otter Loves to Drink Water Tip Sheet</p> <p>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.</p> <p>Be a Role Model By:</p> <ol style="list-style-type: none"> 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. 	<p>ENG SPA double-sided 5" x 7" Quantity: 50-sheet pad with cardboard back Part # BRO-238</p> <p>Available for order or download through the online ordering system.</p> <p>PDFs are available on the <i>Rethink Your Drink</i> Resource page.</p>
	<p>Potter the Otter Loves to Drink Water Postcard</p> <p>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.</p> <p>The postcards can be used as class/appointment reminders, notes to parents, or personal goal reminders.</p>	<p>ENG SPA 6" x 8" Quantity: packs of 50 Part # BRO-230</p> <p>Available for order or download through the online ordering system.</p>

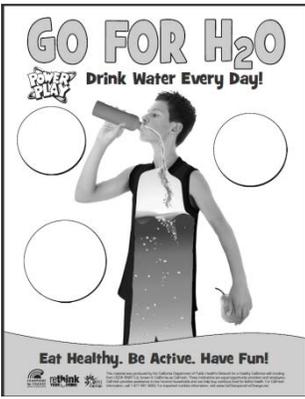
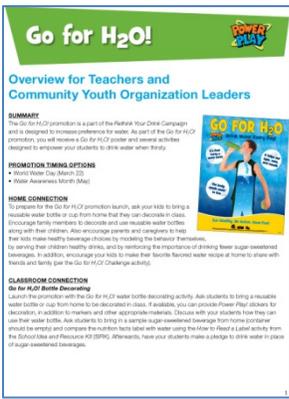
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Potter the Otter Loves to Drink Water Table tents</p> <p>These bilingual table tents can be used to provide office and classroom décor to reinforce targeted health promotion messages.</p> <p>One side has the three nutrition education points from the poster and postcards. The other side contains the 'Role Model' messaging from the tip sheet.</p>	<p>English Spanish 5-1/2" x 8-1/2"; folded; 3" base Quantity: pack of 5 Part # BRO-236</p> <p>Available for order or download through the online ordering system.</p>
	<p>Potter the Otter Loves to Drink Water Stickers - English</p> <p>Each roll of stickers contains two alternating designs. Use them in conjunction with a full-scale Otter-branded healthy beverage campaign:</p> <ul style="list-style-type: none"> • 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 	<p>ENG SPA 3" x 3" Quantity: rolls of 50 English Part # NERI-603 Spanish Part # NERI-604</p> <p>Available through the online ordering system.</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>A collection of six colorful puppets on a blue background. The puppets are: a kangaroo (Kangaroo), a frog (Toad), a duck (Duck), a bear (Potter), a reindeer (Reindeer), and a group of penguins (Shanka in a bunch). Each puppet is holding a glass of water. The text 'POTTER THE OTTER' and 'alich puppets' is at the top. The 'rethink your drink' logo is in the top right corner.</p>	<p>Potter the Otter Loves to Drink Water Puppets</p> <p>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.</p>	<p>English 11" x 17" Quantity: individual sheets Part # NERI-605</p> <p>Available for order or download through the online ordering system.</p>
 <p>A dot-to-dot activity sheet featuring Potter the Otter. The otter is the central figure, holding a glass of water. The background includes a tree, a sun, and a small cart. The text 'Dot to Dot' and 'Sigue los puntos' is at the top. The 'rethink your drink' logo is in the top right corner.</p>	<p>Potter the Otter Loves to Drink Water Dot-to-dot Activity Sheet</p> <p>1 in a series of 3 Activity Sheets</p> <p>Kids make Potter the Otter magically appear as they connect the numerically-labeled dots and color their pal Potter.</p> <p>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.</p>	<p>ENG SPA 8-1/2" x 11" Black-and-white reproducible Quantity: pack of 30 Part # BRO-231</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>A black-and-white coloring activity sheet featuring Potter the Otter and his friends. The otter is holding a glass of water. The background includes a tree, a sun, and a small cart. The text 'Color Potter the Otter Colorea a la Nutria Potter' is at the top. The 'rethink your drink' logo is in the top right corner.</p>	<p>Potter the Otter Loves to Drink Water Coloring Activity Sheet</p> <p>2 in a series of 3 Activity Sheets</p> <p>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.</p> <p>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.</p>	<p>ENG SPA 8-1/2" x 11" Black-and-white reproducible Quantity: pack of 30 Part # BRO-235</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Potter the Otter Loves to Drink Water Maze Activity Sheet</p> <p>3 in a series of 3 Activity Sheets</p> <p>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!</p>	<p>ENG SPA 8-1/2" x 11" Black-and-white reproducible Quantity: Pack of 30 Part # BRO-232</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
	<p>Potter the Otter Loves to Drink Water "What's wrong in this picture?" Activity Sheet</p> <p>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".</p>	<p>ENG SPA 8-1/2" x 11"</p> <p>Available in PDF only. Part # BRO-233</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
	<p>Potter the Otter Loves to Drink Water "Which one is different?" Activity Sheet</p> <p>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.</p>	<p>ENG SPA 8-1/2" x 11"</p> <p>Available in PDF only. Part # BRO-234</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>Paradise Freeze</p> <p>Makes 4 servings. 1 cup per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1 large banana 2 cups strawberries 2 ripe mangoes, chopped 1/2 cup of ice cubes <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Combine all ingredients in a blender container. Blend until mixture is smooth. 2. Pour into glasses and serve. <p>Nutrition information per serving: Calories 127, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Added Sugar 0 g</p>	<p>Rethink Your Drink Recipe Card - Paradise Freeze</p> <p>From the <i>Everyday Healthy Meals</i> cookbook.</p> <p>No sugar added</p>	<p>ENG SPA double-sided Part # RCP-28</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Mango Smoothie</p> <p>Makes 4 servings. 1 cup per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1 cup 100% orange juice 1 small banana, peeled and sliced 2 fresh mangoes, peeled and chopped or 2 1/2 cups frozen mango chunks, thawed 1/2 cup ice cubes <p>Prep time: 10 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Combine orange juice, banana, and half the mango into a blender container. Blend until mixture is smooth. 2. Add remaining mango and ice cubes. Blend until mixture is smooth. Serve immediately. <p>Nutrition information per serving: Calories 100, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugar 0 g</p>	<p>Rethink Your Drink Recipe Card - Mango Smoothie</p> <p>From the <i>Soulful Recipes</i> cookbook.</p> <p>No sugar added.</p>	<p>ENG SPA double-sided Part # RCP-29</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Strawberry Pineapple Lemonade</p> <p>Makes 4 servings. 3/4 cups per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 4 cups 100% pineapple juice 2 cups fresh or frozen strawberries 1/4 cup lemon juice 1/2 cup water ice <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Put all ingredients except ice in a blender container and blend until mixture is smooth. 2. Pour into glasses over ice cubes and serve. <p>Nutrition information per serving: Calories 100, Carbohydrate 40 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Added Sugar 0 g</p>	<p>Rethink Your Drink Recipe Card - Strawberry Pineapple Lemonade</p> <p>From the <i>Flavors of My Kitchen</i> cookbook.</p> <p>No sugar added.</p>	<p>ENG SPA double-sided Part # RCP-30</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Great Grape Smoothie</p> <p>Makes 2 servings. 1 cup per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1 cup seedless grapes 1/2 cup frozen cherries 1/2 cup unsweetened frozen strawberries 1/2 cup orange slices 1/2 cup banana slices <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Combine all ingredients in a blender container. Blend until mixture is smooth. 2. Pour into glasses and serve. <p>Nutrition information per serving: Calories 100, Carbohydrate 40 g, Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugar 0 g</p>	<p>Rethink Your Drink Recipe Card - Great Grape Smoothie</p> <p>From the <i>Everyday Healthy Meals</i> cookbook.</p> <p>No sugar added.</p>	<p>ENG SPA double-sided Part # RCP-31</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>Jicama Piña Breeze</p> <p>Makes 3 servings. 1 cup per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 1/2 cup canned pineapple chunks, packed in 100% juice, undrained 1/2 cup fresh jicama, peeled and cut into small pieces 1/2 cup fresh orange chunks 2 cups 100% orange juice 10 ice cubes <p>Prep time: 10 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Place all ingredients in a blender container. 2. Blend until mixture is smooth. Pour into glasses and serve. <p>Nutrition information per serving: Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA DEPARTMENT OF PUBLIC HEALTH 10/13/14</p>	<p>Rethink Your Drink Recipe Card - Jicama Piña Breeze</p> <p>From the <i>Healthy Latino Recipes</i> cookbook.</p> <p>No sugar added.</p>	<p>ENG SPA double-sided Part # RCP-32</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Orange Freeze</p> <p>Makes 4 servings. 1 1/4 cups per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 1 cup 100% orange juice 10 ice cubes 1 cup 1% lowfat or nonfat milk 1 teaspoon vanilla extract 2 cups drained, canned mandarin oranges <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Place all ingredients in a blender container. 2. Blend until mixture is smooth. 3. Pour into four glasses and serve. <p>Nutrition information per serving: Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 55 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA DEPARTMENT OF PUBLIC HEALTH 10/13/14</p>	<p>Rethink Your Drink Recipe Card - Orange Freeze</p> <p>From the <i>Kids Get Cooking</i> cookbook.</p> <p>No sugar added.</p>	<p>ENG SPA double-sided Part # RCP-33</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Cucumber Mint Breeze</p> <p>Makes 4 servings. 1 cup per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 1/2 cup sliced cucumbers 1-2 sprigs of fresh mint ice <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Fill pitcher halfway with ice. 2. Add sliced cucumbers and mint. 3. Fill with water. Chill for at least 20 minutes before serving. 4. Store in refrigerator and drink within 24 hours. <p>Nutrition information per serving: Calories 74, Carbohydrate 19 g, Dietary Fiber 1.5 g, Protein 0.5 g, Total Fat 0.2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 36 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA DEPARTMENT OF PUBLIC HEALTH 10/13/14</p>	<p>Rethink Your Drink Recipe Cards Cucumber Mint Breeze</p> <p>An original <i>Rethink Your Drink</i> flavored-water recipe.</p>	<p>ENG SPA double-sided Part # RCP-34</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>
 <p>Real Fruit Punch</p> <p>Makes 15 servings. 1 1/2 cups per serving.</p> <p>Ingredients</p> <ul style="list-style-type: none"> 1 (14 ounce) can 100% fruit juice concentrate, flavored 2 liters club soda 1 (8 ounce) can pineapple chunks packed in 100% juice 4 cups (about 1 pound) frozen mixed fruit or strawberries, raspberries, mango, or peach slices ice cubes <p>Prep time: 5 minutes</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Empty juice concentrate into a pitcher or punch bowl. 2. Make juice with club soda instead of regular water. Gently stir. 3. Add pineapple, frozen fruit, and ice cubes. 4. Ladle or pour into individual cups. Serve with a spoon. <p>Nutrition information per serving: Calories 74, Carbohydrate 19 g, Dietary Fiber 1.5 g, Protein 0.5 g, Total Fat 0.2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 36 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA DEPARTMENT OF PUBLIC HEALTH 10/13/14</p>	<p>Rethink Your Drink Recipe Cards Real Fruit Punch</p> <p>From the <i>Kids Get Cooking</i> cookbook (new edition).</p> <p>No sugar added.</p>	<p>ENG SPA double-sided Part # RCP-35</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink Resource page</i></p>

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

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>PowerPlay! Go for H2O! Pledge Card The <i>Power Play! Campaign's Go for H2O!</i> promotion is designed to increase preference for water. This pledge card reinforces nutrition education lessons about choosing healthy beverages.</p>	<p>Two cards on one 8-1/2" x 11" ENG/SPA</p> <p>Available in PDF only.</p> <p>Download from the Rethink Your Drink Resources page.</p>
	<p>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.</p>	<p>18" x 24" Laminated English only</p> <p>Part# SIGN-674</p> <p>Available for order through the online order system.</p>
	<p>How much sugar is in your drink? Poster developed by WIC to show how to calculate grams to teaspoons.</p> <p>NOTE: This poster will be redesigned with the <i>Rethink Your Drink</i> logo, look and feel. Until then, please use this version.</p>	<p>Available in PDF only.</p> <p>ENG: http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HowMuchSugarPoster.pdf</p> <p>SPA: http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HowMuchSugarPosterSpanish.pdf</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>The image shows a flyer titled "10 tips choose MyPlate 10 tips to a great plate". It features ten numbered tips for healthy eating, such as "1. Balance calories", "2. Enjoy your food, but eat less", and "10. Drink water instead of sugary drinks". The flyer includes small images of various food items and a MyPlate graphic.</p>	<p>MyPlate 10 Tips Nutrition Education Series</p> <p>All of the 10 Tips flyers are available for download and printing.</p> <p>With <i>Rethink Your Drink</i> nutrition education, always include the “Choose MyPlate” 10 Tips flyer as one of your handouts.</p> <p>Other recommendations: -Make Better Beverage Choices -Got Your Dairy Today? -Cut back on your kid’s sweet treats</p>	<p>8-1/2” x 11” ENG SPA</p> <p>English: http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html</p> <p>Spanish: http://www.choosemyplate.gov/en-espanol.html</p>
 <p>The image shows a flyer titled "Build a Healthy Plate With Less Added Sugars". It provides nutrition and wellness tips for young children, explaining why added sugars are harmful and offering suggestions for healthier alternatives. It includes a list of "Instead Of" and "Choose" options for various food items.</p>	<p>Build a Healthy Plate with Less Added Sugars</p> <p>Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program Team Nutrition USDA</p>	<p>http://www.fns.usda.gov/tn/Resources/nutritionandwellness/sugars.pdf</p>
 <p>The image shows three flyers for "Serving Up MyPlate: A Yummy Curriculum" for Levels 1, 2, and 3. Each flyer features a MyPlate graphic with different food groups highlighted and the text "SERVING UP MyPlate A Yummy Curriculum".</p>	<p>Serving Up MyPlate: A Yummy Curriculum</p> <p>This curriculum is separated into three levels:</p> <ul style="list-style-type: none"> • Level 1 (grades 1-2) • Level 2 (grades 3-4) • Level 3 (grades 5-6) <p>For <i>Rethink Your Drink</i> lessons, please refer to Lesson 3 in each level.</p> <p>The Lesson 3 in Level 3 can be adapted for use with older youth and low literacy adults.</p>	<p>Download zip files from the Rethink Your Drink Curriculum page.</p> <p>Yummy Curriculum - Lesson 3 in Levels 1, 2 and 3 (ZIP)</p> <p>Full curriculum: http://teamnutrition.usda.gov/Resources/servingupmyplate.htm</p>

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

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Rethink Your Drink Sign templates Use this template when creating signage for your display booths.</p> <p>Note, all consumer-facing materials must be reviewed and approved by USDA and CDPH.</p>	<p>On the Champions for Change Communication Resources section.</p>
	<p>Rethink Your Drink Labels Use to enhance <i>Rethink Your Drink</i> branding and educational displays. For use on:</p> <ul style="list-style-type: none"> • 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 	<p>Only available by contacting the Rethink Your Drink team.</p> <p>Restrictions:</p> <ul style="list-style-type: none"> • Do not distribute as loose stickers to the public • Do not affix to skin • Do not affix to any branded product <p><i>Warning:</i> These single-use labels have heavy adhesive—do not attempt multiple placements.</p>
	<p>Rethink Your Drink Folder Use to package materials to hand out for <i>Rethink Your Drink</i> training events. Folder includes two pockets with a business card slot.</p>	<p>ENG 9"x12" folder Part # BRO-240</p> <p>Available through online ordering system.</p>