

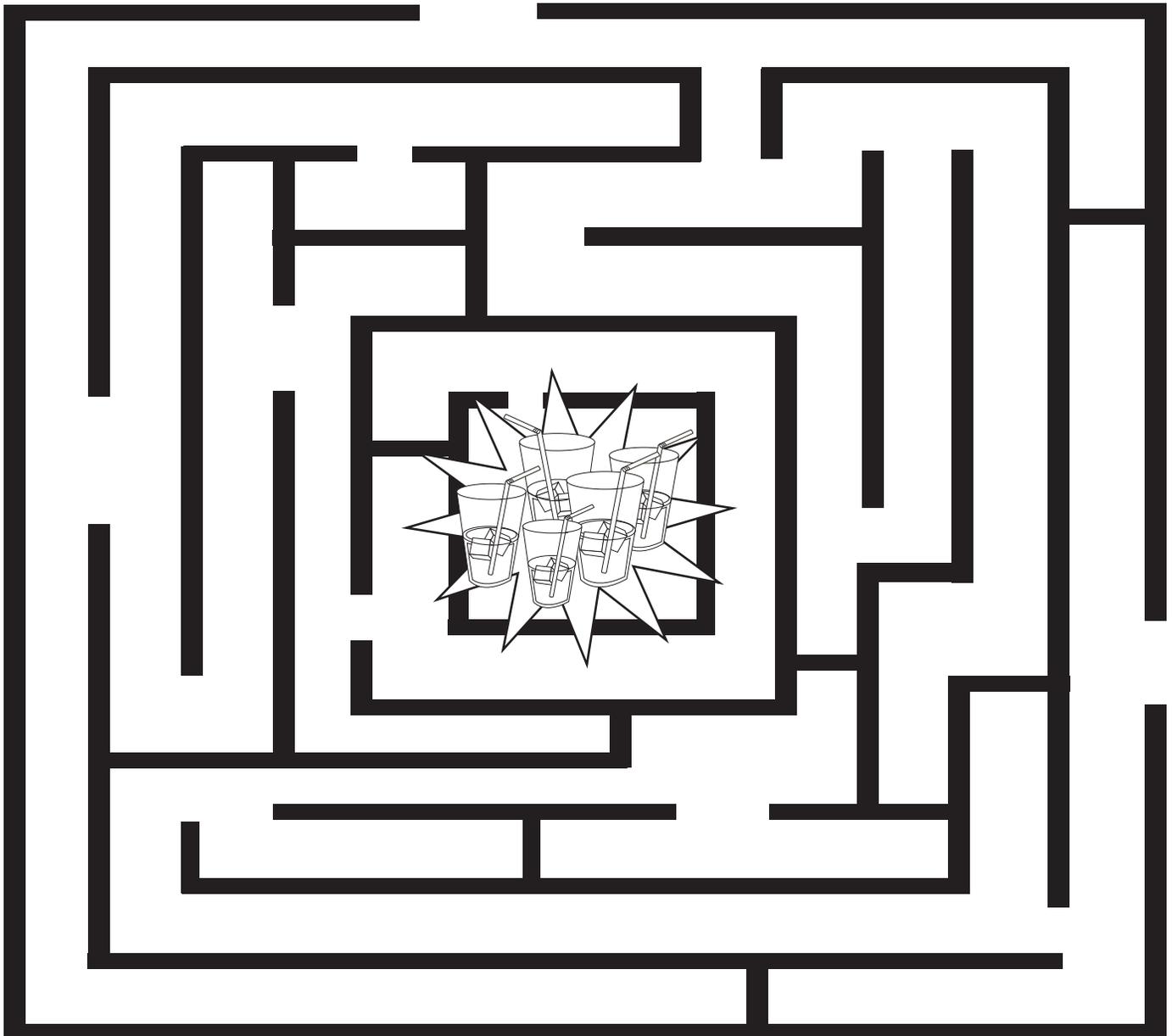


Help Potter the Otter and his friends find water to drink!

幫旁特和他的朋友們找水喝

START | 開始

rethink
YOUR DRINK



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

這份文件是由隸屬於加州公共衛生部之健康加州網絡所提供。經費來源是美國農業部保助營養計劃(其前身為食物卷補助計劃)。這些組織提供平等就業機會亦是公平雇主。加州 CalFresh 幫助低收入的加州居民與營養飲食。加入 CalFresh 請電 1-877-847-3663。若想知道多些其他重要的營養資料，請瀏覽 www.cachampionsforchange.net。

First 5 Santa Clara offers more tips from Potter the Otter and his friends at www.potterloveswater.com
關於更多旁特水獺與他朋友們的小提醒，請至 Santa Clara 五年機構 (First 5) 網站: www.potterloveswater.com。

