GO FOR H_2O

POWER PLAY

Drink Water Every Day!

Eat Healthy. Be Active. Have Fun!

CHAMPIONS for CHANGE Network for a Healthy California

rethink YOUR DRINK

CDPH California Department of PublicHealth

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP-Ed, 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.