

**California Department of Public Health
Nutrition Education and Obesity Prevention Branch
Rethink Your Drink Campaign**

Approved Resources

As of April 10, 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.

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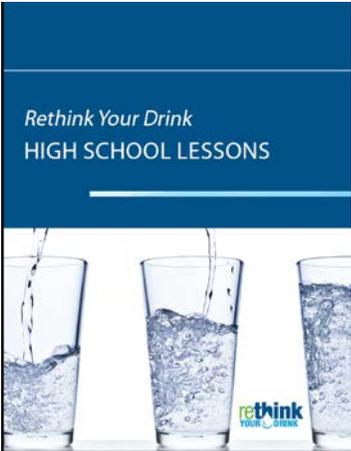
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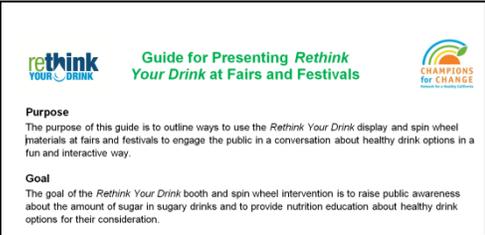
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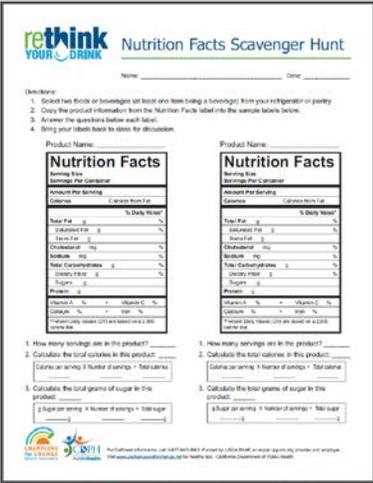
suzanne.morikawa@cdph.ca.gov

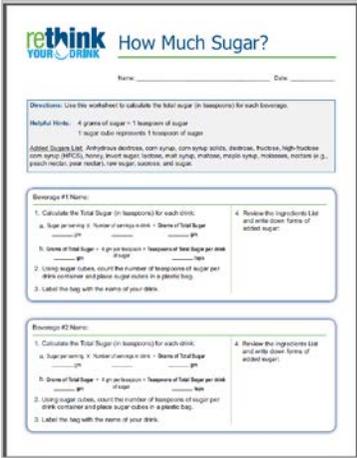
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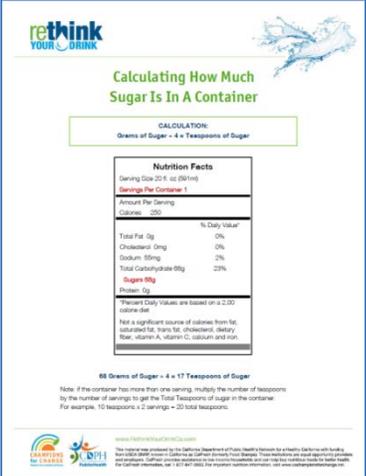
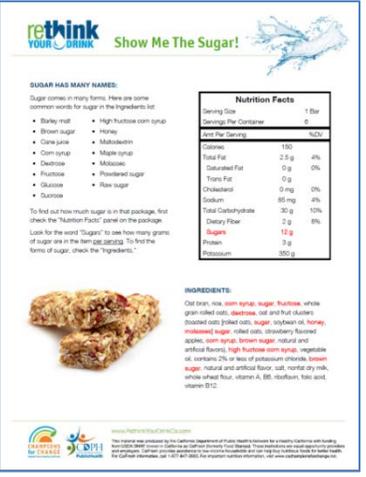
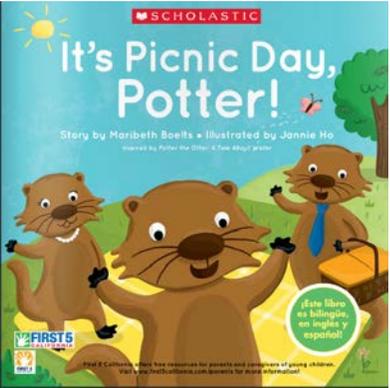
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>“Choose Health. Drink Water.” Poster New!</p> <p>This poster incorporates the information shared in the Calculations Key of the Drink Label Card kit.</p> <p>Graphically illustrates the type of drink, number of teaspoons of sugar, and minutes of quick walking needed to burn off the calories from the drink.</p>	<p>Two sizes: Small: 12” x 18” Part # SIGN-556 Large: 18” x 24” Part # SIGN-558 Available in online order system.</p> <p>Spanish in development.</p>
	<p>Rethink Your Drink High School Lessons New!</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: Lesson One: What’s in Your Drink? Lesson Two: Think Before You Drink! Lesson Three: Empower Yourself–Choose Healthy Drinks Additional Resources</p>	<p>Available in PDF only.</p> <p>Lessons – English Handouts – ENG SPA New!</p> <p>Download PDF of lesson and handouts from the Rethink Your Drink Curriculum page.</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES																	
	<p>Guide for Presenting <i>Rethink Your Drink</i> at Fairs and Festivals New!</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 • Event Planning Worksheet • Pre-event Planning Timeline • Event Analysis Report 	<p>Available in English only.</p> <p>Print copies will be included with each <i>Rethink Your Drink</i> Spin Wheel Kit.</p> <p>PDFs will be available on <i>Rethink Your Drink</i> Resource page:</p>																	
 <p style="text-align: center;"><i>Rethink Your Drink</i> Spin Wheel Quiz</p>	<p><i>Rethink Your Drink</i> Spin Wheel Kit New!</p> <p>This kit includes:</p> <ol style="list-style-type: none"> 1. Spin Wheel 2. Sign 3. Guide for Presenting <i>Rethink Your Drink</i> at Fairs & Festivals 4. Spin Wheel Quiz (Eng/Spa) 5. Event planning and evaluation forms 6. Case to store all items together 	<p>Spin Wheel & Sign ENG SPA Part # PW-12</p> <p>Spin Wheel kit will be allocated, one per county, to Local Health Department contractors through the online order system.</p> <p>Spin Wheel Quiz (PDF) English Spanish</p> <p>PDFs will be available on <i>Rethink Your Drink</i> Resource page:</p>																	
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Slot</th> <th style="width: 30%;">Question</th> <th style="width: 30%;">Answer</th> <th style="width: 30%;">Comments</th> </tr> </thead> <tbody> <tr> <td rowspan="2" style="text-align: center;"></td> <td>Where are the calories listed on a beverage container?</td> <td>On the Nutrition Facts label. Show a beverage container and point to the number of calories on the label.</td> <td><i>You can also find serving size, grams of sugar, grams of fat, vitamins, ingredients & more on the label.</i></td> </tr> <tr> <td>Name two healthy drink choices.</td> <td>Possible answers: 1. Water, seltzer water 2. Fat-free or lowfat milk 3. 100% juice</td> <td></td> </tr> <tr> <td rowspan="2" style="text-align: center;"></td> <td rowspan="2">How do I know the juice I'm buying is 100% juice?</td> <td>Check the Ingredients on the Nutrition Facts label.</td> <td><i>Point to the percentage of juice on the label.</i></td> </tr> <tr> <td>False. Juice should make up half or less of total recommended fruit</td> <td></td> </tr> </tbody> </table>	Slot	Question	Answer	Comments		Where are the calories listed on a beverage container?	On the Nutrition Facts label. Show a beverage container and point to the number of calories on the label.	<i>You can also find serving size, grams of sugar, grams of fat, vitamins, ingredients & more on the label.</i>	Name two healthy drink choices.	Possible answers: 1. Water, seltzer water 2. Fat-free or lowfat milk 3. 100% juice			How do I know the juice I'm buying is 100% juice?	Check the Ingredients on the Nutrition Facts label.	<i>Point to the percentage of juice on the label.</i>	False. Juice should make up half or less of total recommended fruit		<p>in wheel images are from the Drink cards and are labeled in both English and Spanish.</p>	<p>PDFs will be available on <i>Rethink Your Drink</i> Resource page:</p> <ol style="list-style-type: none"> 1. Sign 2. Spin Wheel Quiz –English 3. Spin Wheel Quiz – Spanish 4. Guide 5. Planning & Evaluation Forms
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	<p>Rethink Your Drink Lesson – Choosing Healthy Beverages New!</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>Lesson and handouts available in PDF only.</p> <p>PowerPoint New! – for TOT on <i>Rethink Your Drink</i> lesson. It can also be adapted to use when leading a lesson.</p> <p>Lesson – English; Spanish in production</p> <p>Handouts – ENG SPA New!</p> <p>Download PDF of lesson and handouts from the Rethink Your Drink Curriculum page.</p>
	<p>RYD Lesson Handout: Nutrition Facts Scavenger Hunt New!</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 New!</p> <p>Download PDFs from the Rethink Your Drink Curriculum page.</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>RYD Lesson Handout: How Much Sugar? New!</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" Available in PDF only. ENG SPA New!</p> <p>Download PDFs from the Rethink Your Drink Curriculum page.</p>
	<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" Set of 13 ENG SPA</p> <p>English Part #: KIT-669</p> <p>Spanish Part # KIT-679 New!</p> <p>Download PDFs from the Rethink Your Drink Resources page.</p> <p>Also for use with the <i>Rethink Your Drink</i> Lesson and <i>Rethink Your Drink</i> High School Lessons.</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>The image shows a double-sided information sheet titled "Beverages: Make Every Sip Count". It includes sections for "When Choosing Drinks, Ask:", "What's in Your Drink? Read the Label!", "What Size Is Your Drink?", "Choose Most Often", and "Drink Less Often". It features a large image of a glass of water and a glass of orange juice, along with a nutrition facts label.</p>	<p>Beverages: Make Every Sip Count Updated!</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 PDF</p> <p>Part #: SIGN-677 ENG VIE PDF</p> <p>Order from online ordering system.</p> <p>Download PDFs from the Rethink Your Drink Curriculum page.</p>
 <p>The image shows two cards: "PLEDGE" and "PROMESA". The "PLEDGE" card is in English and includes checkboxes for "I promise to drink water when I am thirsty", "I promise to read the food label on the back of my beverage container so I can choose healthy beverages.", and "I promise to drink more _____ over the next _____ week(s) and less _____". The "PROMESA" card is in Spanish and includes checkboxes for "Prometo tomar agua cuando tenga sed.", "Prometo leer la etiqueta de información nutricional en la parte de atrás de mi bebida para poder escoger bebidas saludables.", and "Prometo beber más _____ durante la(s) próxima(s) _____ semana(s) y menos _____". Both cards have signature and date lines.</p>	<p>Rethink Your Drink Pledge Updated!</p> <p>The <i>Rethink Your Drink Pledge</i> reinforces nutrition education lessons about choosing healthy beverages.</p>	<p>Two cards on 8-1/2" x 11"</p> <p>Available in PDF only. ENG SPA</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 has a blue header with the text "CERTIFICATE OF APPRECIATION PRESENTED TO". Below the header, there is a line for the recipient's name. The certificate is issued by the Rethink Your Drink Campaign and is given in recognition of the commitment made to health by making healthy beverage choices. There are lines for the teacher's name and date, and the principal's name and date.</p>	<p>Rethink Your Drink Certificate Updated!</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"</p> <p>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>

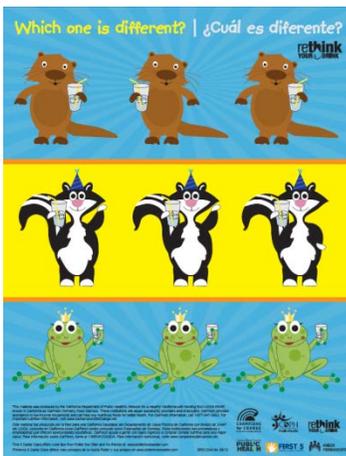
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>Calculating How Much Sugar Is In A Container</p> <p>Handout showing a nutrition facts label and a calculation: 68 Grams of Sugar = 4 x Teaspoons of Sugar.</p>	<p>Calculating How Much Sugar is in a Container</p> <p>An update from the Sugar Savvy series created 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 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>
 <p>Show Me the Sugar!</p> <p>Handout listing various names of sugar and a nutrition facts label.</p>	<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>
 <p>It's Picnic Day, Potter!</p> <p>Book cover featuring three chipmunks.</p>	<p>It's Picnic Day, Potter! Book New! 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 supply available in the online order system. Part # BRO-409</p> <p>Digital e-book: http://www.first5california.com/parents/pdf/ItsPicnicDayPotter-ebook.pdf</p> <p>Digital e-book, online kids activities, family and teacher resources http://www.scholastic.com/first5/</p>

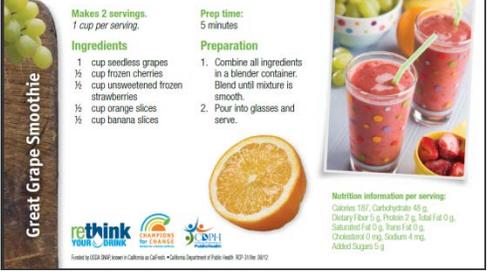
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Potter the Otter Puppet Activity New!</p> <p>Kids can make their own Potter the Otter puppet with this template. This interactive activity connects children with the main character of the popular <i>Potter the Otter</i> books.</p> <p>Created by First 5 Santa 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>Link to PDF from 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 Part # KIT-671</p> <p>Available for order through the online ordering system.</p>
	<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>Link to PDF from the <i>Rethink Your Drink</i> Resource page</p>

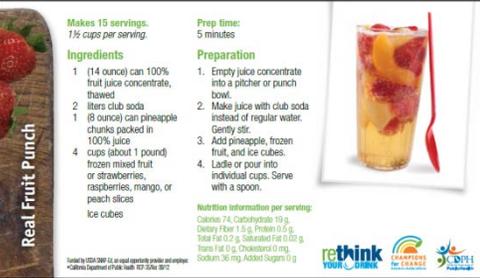
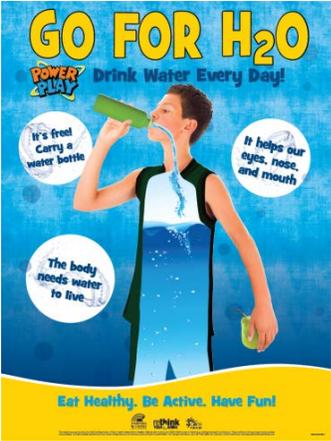
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Potter the Otter Loves to Drink Water Tip Sheet</p> <p>Potter’s friends appear on these bilingual take-home tip sheets. The three key nutrition education points from the Otter poster are repeated, with specific suggestions for caregivers.</p> <p>Be a Role 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>Link to PDF from 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>
	<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>

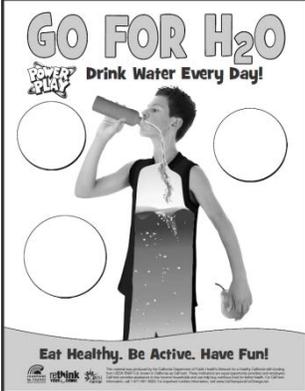
RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>Potter the Otter Loves to Drink Water Stickers - English</p> <p>Each roll of stickers contains two alternating designs. Use them in conjunction with a full-scale Otter-branded healthy beverage campaign:</p> <ul style="list-style-type: none"> • Use on reward 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>
	<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>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<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</i> Resource page</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</i> Resource page</p>
	<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</i> Resource page</p>

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	<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” (Download Only) Part # BRO-233</p> <p>Download PDF Only from online ordering system or <i>Rethink Your Drink</i> Resource page</p> <p>Link to PDF from the <i>Rethink Your Drink</i> Resource page</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” (Download Only) Part # BRO-234</p> <p>Download PDF Only from online ordering system or <i>Rethink Your Drink</i> Resource page</p> <p>Link to PDF from the <i>Rethink Your Drink</i> Resource page</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</i> Resource page</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>Mango Smoothie</p> <p>Makes 4 servings. 7 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 mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed 5 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 120, Carbohydrate 30 g, Dietary Fiber 0 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA'S DEPARTMENT OF PUBLIC HEALTH</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. 17½ cups per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 4 cups 100% pineapple juice 2 cups fresh or frozen strawberries ¼ cup lemon juice ¾ 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 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA'S DEPARTMENT OF PUBLIC HEALTH</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 ½ cup frozen cherries ½ cup unsweetened frozen strawberries ½ cup orange slices ½ 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 107, Carbohydrate 40 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA'S DEPARTMENT OF PUBLIC HEALTH</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>
 <p>Jicama Piña Breeze</p> <p>Makes 3 servings. 1 cup per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> ½ cup canned pineapple chunks, packed in 100% juice, undrained ½ cup fresh jicama, peeled and cut into small pieces ½ 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'S DEPARTMENT OF PUBLIC HEALTH</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>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>Orange Freeze</p> <p>Makes 4 servings. 1 1/4 cups per serving.</p> <p>Ingredients</p> <ol 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 23 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA DEPARTMENT OF PUBLIC HEALTH 107-3046-1012</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</i> Resource page</p>
 <p>Cucumber Mint Breeze</p> <p>Makes 4 servings. 1 cup per serving.</p> <p>Ingredients</p> <ol 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 17, Carbohydrate 10 g, Dietary Fiber 1 g, Protein 0.5 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg, Added Sugars 0 g</p> <p>rethink YOUR DRINK CALIFORNIA DEPARTMENT OF PUBLIC HEALTH 107-3046-1012</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</i> Resource page</p>
 <p>Real Fruit Punch</p> <p>Makes 15 servings. 1 1/2 cups per serving.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1 [14 ounce] can 100% fruit juice concentrate, thawed 4 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 g, Protein 0.5 g, Total Fat 0.2 g, Saturated Fat 0.02 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 107-3046-1012</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</i> Resource page</p>
 <p>GO FOR H₂O</p> <p>Drink Water Every Day!</p> <p>It's free! Carry a water bottle.</p> <p>It helps our eyes, nose, and mouth.</p> <p>The body needs water to live.</p> <p>Eat Healthy. Be Active. Have Fun!</p> <p>rethink YOUR DRINK CALIFORNIA DEPARTMENT OF PUBLIC HEALTH 107-3046-1012</p>	<p>PowerPlay! Go for H₂O Poster</p> <p>Go for H₂O! 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. For more information, please contact Susan Vitulli from the <i>PowerPlay! Campaign</i> at 916-449-5318 or susan.vitulli@cdph.ca.gov.</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>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
	<p>PowerPlay! Go for H2O Activity Sheet This black-and-white coloring activity sheet supports the activities included in the Go for H2O! Program 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>For more information, please contact Susan Vitulli from the <i>PowerPlay! Campaign</i> at 916-449-5318 or susan.vitulli@cdph.ca.gov.</p>	<p>8-1/2" x 11" ENG SPA Part# BRO-398</p> <p>Available in PDF only; download from the Rethink Your Drink Resources page.</p> <p>English PDF Spanish PDF</p> <p>Black-and-white reproducible.</p>
	<p>Sugar Synonyms poster Text at bottom: "Added sugars contribute to 16% of total calories in the average American diet."</p> <p>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 ENG 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>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 lists ten nutrition tips such as "1. Balance calories", "2. Enjoy your food, but eat less", "3. Avoid oversized portions", "4. Foods to eat more often", "5. Make half your plate fruits and vegetables", "6. Switch to fat-free or low-fat (1%) milk", "7. Make half your grains whole grains", "8. Cook to not lose salt", "9. Compare sodium in foods", and "10. Drink water instead of sugary drinks".</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 explains that sugars are found naturally in fruits, milk, yogurt, and cheese, but many added sugars are found in processed foods and beverages. It provides 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</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 curriculum booklets for "Serving Up MyPlate: A Yummy Curriculum". The booklets are color-coded by level: Level 1 (green, Grades 1 & 2), Level 2 (purple, Grades 3 & 4), and Level 3 (blue, Grades 5 & 6). Each booklet features a MyPlate graphic 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>Why Fruit Juice? Juice is a way to enjoy fruit. Keeping 100% juice on hand is good for your whole family! Here's what juice provides:</p> <ul style="list-style-type: none"> • Vitamin C to help heal cuts and bruises, fight infections, and use iron more food. • Vitamin A to see better for healthy eyes and skin. • Carbohydrates for energy. Sugar from fruit is the carbohydrate in 100% juice. <p>Juice is mostly water. Like you, your child needs enough fluid to stay healthy.</p> <p>How Much Juice? Offer your child enough, but not too much: Ages 2 to 5: when serving 100% juice, offer no more than 1/2 to 1 cup depending on age, gender, and activity level.</p> <p>Go Easy... Because juice is convenient, it is easy to drink too much of it. Here is why drinking too much juice can be a problem:</p> <ul style="list-style-type: none"> • Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too! • If juice replaces milk or calcium-fortified soy beverages, your child may not get enough these building nutrients. • Drinking juice a lot promotes cavities. Sometimes diarrhea is a problem, too. <p>Try to offer lowfat or fat-free milk or water as an alternative beverage.</p> <p><small>Powered by NIBBLES FOR HEALTH 19 Nutrition Newsletter for Parents of Young Children, USDA, Food and Nutrition Service</small></p>	<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>Document Title SUB-HEADER</p> <p>Friday, August 24th @ 9:00 AM INSERT LOCATION NAME 1234 Main Street, Suite 1000, CA 90001 For More Information: Please Contact: (800) 123-4567</p> <p>YOUR HEADLINE SUB-HEADER SUB-HEADER SUB-HEADER SUB-HEADER</p> <p>Document Title</p> <p>FRIDAY, AUGUST 24TH @ 9:00 AM INSERT LOCATION NAME 1234 Main Street, Suite 1000, CA 90001 For More Information: Please Contact: (800) 123-4567</p> <p>Insert Up to Three Lines of Title Text Here</p> <p>FRIDAY, AUGUST 24TH @ 9:00 AM INSERT LOCATION NAME 1234 Main Street, Suite 1000, CA 90001 For More Information: Please Contact: (800) 123-4567</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>Click to add title</p> <p>rethink YOUR DRINK www.rethinkyourdrink.com</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 <i>Rethink Your Drink</i> team.</p> <p>Restrictions:</p> <ul style="list-style-type: none"> • Do not distribute to the public • Do not place in contact with 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>
	<p>Rethink Your Drink Tablecloth The tablecloth can be used at events, workshops, and demonstrations. The vinyl-lined top keeps it "water-friendly" when doing water tastings. Matches banner and pull-up banners, with the message, "Drink water instead of sugary drinks" in English and Spanish.</p>	<p>ENG SPA 6' tablecloth, 4-sided Vinyl lined top Part# TC-04</p> <p>Contact the State <i>Rethink Your Drink</i> Team for additional supplies.</p>

RESOURCE IMAGE	DESCRIPTION	LOCATION/NOTES
 <p>The image shows a square graphic for a tent wall. It features the 'rethink YOUR DRINK' logo in the top left. Below the logo, the text reads: 'Drink WATER instead of sugary drinks. Tome AGUA en vez de bebidas azucaradas. www.RethinkYourDrinkCa.com'. The background is a dynamic splash of blue water.</p>	<p>Rethink Your Drink Tent Wall The tent wall attaches to the <i>Network for a Healthy California</i> tents. Matches <i>Rethink Your Drink</i> banner and pull-up banners, with the message, “Drink water instead of sugary drinks” in English and Spanish.</p>	<p>ENG SPA Part# TENT-15 Contact the State <i>Rethink Your Drink</i> Team for additional supplies.</p>
 <p>The image shows a rectangular banner graphic. It features the 'rethink YOUR DRINK' logo in the top left. Below the logo, the text reads: 'Drink WATER instead of sugary drinks. Tome AGUA en vez de bebidas azucaradas. www.RethinkYourDrinkCa.com'. The background is a dynamic splash of blue water.</p>	<p>Rethink Your Drink Banner With the message of “Drink water instead of sugary drinks.” In English and Spanish. Hang the banner to advertise your event and call attention to keep healthy beverages top of mind.</p>	<p>ENG SPA 2’ x 5’ vinyl Part# SIGN-555 Contact the State <i>Rethink Your Drink</i> Team for additional supplies.</p>
 <p>The image shows two vertical pull-up banners. The left banner is in English, with the text: 'Drink WATER instead of sugary drinks.' The right banner is in Spanish, with the text: 'Tome AGUA en vez de bebidas azucaradas.' Both banners feature the 'rethink YOUR DRINK' logo at the top and a dynamic splash of blue water in the background. Logos for the Department of Public Health and the University of California are visible at the bottom of each banner.</p>	<p>Rethink Your Drink Pull-up Banner With the message of “Drink water instead of sugary drinks.” The pull-up banner is in English on one side and Spanish on the other. Great attention-getter at events and presentations.</p>	<p>ENG SPA double-sided 6’ tall when fully extended Part# SIGN-554 Contact the State <i>Rethink Your Drink</i> Team for additional supplies.</p>