



Look for  
drinks  
that have  
100%  
juice on  
the label.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

Content developed by County of Sonoma, Department of Health Services.



# Choose nonfat or 1% lowfat milk.

Full of calcium, protein, and vitamin D but less fat.



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**Be a good role model.  
Drink water instead of  
sugary drinks.**



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# Make it easy to choose healthy drinks.



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