California adults consume 50 gallons or 39 pounds of sugar a year.

41% of California children 2-11 years drink a soda or more a day and 62% of 11-17 year olds.

**How can you make a difference?**

- Attend this workshop to learn why sugar loaded beverages are a main contributor to the obesity epidemic.
- Learn effective and hands-on ways to encourage healthier beverage choices.

You will receive lesson plans, handouts and lots of resources.

For CalFresh information, call 211. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health