

## RETHINK YOUR DRINK

### LOCAL POLICY

Name	Organization	Contact Information	Goal
Geri Lorenzana	Network for a Healthy California - Glendale Unified School District	Unknown	Incorporate English/Spanish materials into parent workshops (handouts)/ Translate resource materials into Armenian for Glendale Residents
Sharon Cech	Center for Food Justice UEPI	<a href="mailto:cech@oxy.edu">cech@oxy.edu</a>	Get fruits and vegetables on school cafeteria menus instead of juice
Janet Scully	LAC-DPH Maternal and Child Health Program	<a href="mailto:jscully@ph.lacounty.gov">jscully@ph.lacounty.gov</a>	I pledge to impact policy to improve Nutrition Standards (including reduction of sweetened beverages) in Childcare settings
Mindy Swanson	Center for Food Justice UEPI	<a href="mailto:swanson@oxy.edu">swanson@oxy.edu</a>	I will encourage the schools I work with to: implement and enforce the wellness policy CSSBS/ I will help hold them accountable.
Paul Simon	Department of Public Health	<a href="mailto:Psimon@ph.lacounty.gov">Psimon@ph.lacounty.gov</a>	policy strategies, especially targeting cities
Christine Bou Sleiman	LA Trade Tech	<a href="mailto:christine.elhaj@gmail.com">christine.elhaj@gmail.com</a>	Train teachers, administrators, and nurses about effects of SSBs to help strengthen and support the revised school wellness policy i.e. fundraisers, soda/SSBs sales on campus (even before and after school)
Corina Ulloa	Network for a Health California- El Monte School District	<a href="mailto:culloa@emcsd.org">culloa@emcsd.org</a>	Social Marketing and Local Policy/ Incorporate into Parent Conference/ Begin a Rethink Your Drink- Use partnerships with city to market a soda free summer as well as incorporate a soda free environment for kids through local city policy and District policy

## MEDIA

Contact Information	Goal
Unknown	Incorporating into newsletters Mid Valley News/ Rethink your drink on school menus

## NUTRITION EDUCATION- ADULTS

Name	Organization	Contact Information	Goal
Marc Saenz	Network for a Healthy California—Worksite Program	<a href="mailto:masaenz@ph.lacounty.gov">masaenz@ph.lacounty.gov</a>	I will continue to promote the adoption of Healthy Vending and Healthy Meeting policies at worksites throughout the county.
Jennifer Genens	Network for a Healthy California- LAUSD	<a href="mailto:jennifer.genens@lausd.net">jennifer.genens@lausd.net</a>	Educate parents about the problems with kids drinking too much juice, starting with my own family.
Aurora Lopez	LACOE Public Health Department	<a href="mailto:alopez@ph.lacounty.gov">alopez@ph.lacounty.gov</a>	I need to incorporate a lot of today's presentations into a presentation that I can give to families in the community. I need to get more familiarized/ knowledgeable so that I can answer questions (i.e. diet soda, juices, fats, etc.) correctly and confidentially.
Meka Webb	Network for a Healthy California- African American Campaign	<a href="mailto:mwebb@ph.lacounty.gov">mwebb@ph.lacounty.gov</a>	Incorporate network approved sugar savvy curriculum into toolbox training resources.
Zoe Phillips	Center for Food and Justice- Occidental College	<a href="mailto:phillipsz@oxy.edu">phillipsz@oxy.edu</a>	I will incorporate sweetened beverage education to my parent workshops at local preschools.

Maryam Shayegh	LACOE	<a href="mailto:Shayegh_maryam@lacoed.edu">Shayegh_maryam@lacoed.edu</a>	I pledge to incorporate more information about sugar sweetened beverages into my workshops to teachers, parents, and students.
Lily Voong	Rosemead School District	<a href="mailto:lvoong@rosemead.k12.ca.us">lvoong@rosemead.k12.ca.us</a>	I pledge to teach what I learned today in my parent nutrition class after school program and teacher trainings.
Unknown	Unknown	Unknown	Help parents to access more resources from UCLA and Children's Hospital. Provide parents with access to nutrition education programs. Promote parental engagement.
William Fernandez	Unknown	<a href="mailto:Fernandez798@roadrunner.com">Fernandez798@roadrunner.com</a>	Parent education curriculum. Rethink your drink mantra. Student worksheets and sugar content of beverage visuals.
Mabel Everette	Network for a Healthy California- Inglewood Unified School District	<a href="mailto:meverette@inglewood.k12.us">meverette@inglewood.k12.us</a>	Visual educational materials that can be translated into Spanish. Reading level for English and Spanish 3rd grade.
Unknown	Unknown	Unknown	We plan on providing more education on the implications that are involved with consuming sugary drinks and providing them with options of beverages they can use to substitute the craving for sugary drinks.
Irene Kratz	LAUSD- District 1 Nursing Services	<a href="mailto:IreneKratz@lausd.net">IreneKratz@lausd.net</a>	Create handouts for school nurses to use when speaking to students/ parents/ administration/ community members. Use resources and show with obesity prevention task force members.
Unknown	Unknown	Unknown	share with parent that I meet with because without their help we cannot have the optimal impact on our kids

Holly Calhoun	SEE-LA	323-463-3171	Consider soda ban in SEE-LA Farmer's Markets/ Demonstration/Education workshop for parents at SEE-LA Farmer's Markets (especially the water demonstration and the sugar demonstration)/ Workshop for kids at SEE-LA Farmer's Markets
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## NUTRITION EDUCATION-YOUTH

Name	Organization	Contact Information	Goal
Mozella Pope-Calidle	South Central Regional Center for Developmental Disabilities	213-743-3078	Nutrition and healthy eating classes for parents
Guadalupe Ortega	Northeast Valley Health Corporation	<a href="mailto:guadalupeortega@neuhc.org">guadalupeortega@neuhc.org</a>	Create two different programs: one for children and one for adults. They will meet once a week to learn how to rethink their drink. Give them tools so that they can go to different organizations in the community to teach their peers.
Anita Zitta	Compton USD	<a href="mailto:azitta@compton.k12.ca.us">azitta@compton.k12.ca.us</a>	For family math night we are measuring sugar in beverages. We measure sugar in drinks in parent classes and nutrition intervention.
Marie Gambon	LA County of Public Health	<a href="mailto:magambon@ph.lacounty.gov">magambon@ph.lacounty.gov</a>	Plan to provide school district nurses/ personnel reading education on juices/ sodas like to obesity. Provide them with resources that can use for their schools.
Steve Baldwin	Network for a Healthy California- Hawthorne School District	310-349-0744 x2, <a href="mailto:stbaldwin@hawthorne.k12.ca.us">stbaldwin@hawthorne.k12.ca.us</a>	Present at board/ city council meetings. Kick off soda free summer at large community event in June. Present at principal meetings. Get media involved.

Cindy Young	ABC Unified	<a href="mailto:ciyoung@ph.lacounty.gov">ciyoung@ph.lacounty.gov</a>	I will be working with our teen parents and will be promoting "rethink your drink" during our holiday mocktail and appetizer lesson. We will make spa waters and a mock sangria (fruit juice diluted with sparkling water)
Unknown	El Monte	Unknown	3 flavors of water taste testing. Sugar demonstrations with teaspoons for kids/ parents (hands on)
Carly Marino	PP! Campaign	<a href="mailto:camarino@ucdavis.edu">camarino@ucdavis.edu</a>	Sugar Shocker promotion as part of rethink your drink for children
Farrah Northcott	ABC USD	<a href="mailto:farrah.northcott@abcusd.k12.ca.us">farrah.northcott@abcusd.k12.ca.us</a>	Using the resources from BANPAC for in class education, family nutrition nights, and parent meetings
Jaime Sanchez	LACOE	562-401-5327, <a href="mailto:sanchez_jaime@laoe.edu">sanchez_jaime@laoe.edu</a>	Market rethink your drink to school administrators in the spring/ summer. They hold the key to creating momentum at the school sites.
Lorraine Quan	Network for a Healthy California- LAUSD	<a href="mailto:lorraine.quan@lausd.net">lorraine.quan@lausd.net</a>	Train NAC (Nutrition Advisory Council Students) in learning to rethink your drink and then teach it to other students.
Sheri Johnson	LBUSD	<a href="mailto:sdjohnson@lbschools.net">sdjohnson@lbschools.net</a>	Create Middle and High School lessons on rethink your drink. Add rethink your drink information to parent and teacher presentations.
Jasmine Klintong	City of Duarte	<a href="mailto:klintongj@accessduarte.com">klintongj@accessduarte.com</a>	Replicate "sugar savvy" displays for the classes I work with: - after school program -nutrition education -encourage water consumption and the benefits to the youth I work with.

William Lopez	USC School of Early Childhood Education	<a href="mailto:williarl@usc.edu">williarl@usc.edu</a>	I will educate my parents, staff (at my childcare), friends and family on the importance of drinking water by passing out handouts at parent meetings.
Cecilia Maldonado	LACOE- Head Start	562-940-1770, <a href="mailto:maldondo_cecilia@laoe.edu">maldondo_cecilia@laoe.edu</a>	Presentation to Policy Council (Parent Governing Board)
Yolanda Cross	LACOE- Head Start	Unknown	Presentation to Policy Council (Parent Governing Board)
Cynthia Hightower	LACOE- Head Start	Unknown	Presentation to Policy Council (Parent Governing Board)
Maureen Feldman	Worldwise Education	818-710-6575, 818-888-5134, <a href="mailto:maureen@resonationmusic.com">maureen@resonationmusic.com</a>	Will look into my two children's schools and encourage them to eliminate soda machines and sweetened drinks.
Kristin Fyfe	Montebello USD	<a href="mailto:Fyfe_Kristin@montebello.k12.ca.us">Fyfe_Kristin@montebello.k12.ca.us</a>	Include the flavored water as a taste test in parent education as well as with students. Have them make the water themselves. Will it keep longer if you remove the fruit after a day? More education on sports drinks and fruit juice to reclassify their perceived role in peoples diets. Compare the amount of sugar in soda to candy- have kids and parents do the math. Often times soda has more sugar than a packet of candy. Coke versus MMs.
	Assn. of Black Social Workers- LA	<a href="mailto:sbetter@calstatela.edu">sbetter@calstatela.edu</a>	Awareness Day at a local supermarket- fliers, posters, games, support from supermarket
Devin Welch	Dairy Council of CA	<a href="mailto:dwelch@dairycouncil.org">dwelch@dairycouncil.org</a>	Chocolate milk or flavored milk as a sports drink versus typical Gatorade.

Judith Dunaway	EMCSD	<a href="mailto:jdunarray@emcsd.org">jdunarray@emcsd.org</a>	Incorporate this information into my parent nutrition education series (5 lessons). Use handouts and curriculum in the classroom presentations, jogathon assemblies, and NAC program.
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## SOCIAL MARKETING

Name	Organization	Contact Information	Goal
Unknown	Unknown	Unknown	flavored water activity: use with parents of school aged students (parent presentations)
Lizett Olivares	Monrovia USD	626-471-3077, <a href="mailto:lolivares@monrovia.k12.ca.us">lolivares@monrovia.k12.ca.us</a>	Develop marketing efforts at 0-5 years and secondary schools to promote water and milk instead of SSB
Ruben Brambila	Youth Activism Against Obesity	<a href="mailto:rbrambila@ph.lacounty.gov">rbrambila@ph.lacounty.gov</a>	Utilize social networking strategies (i.e. Facebook, Twitter, MySpace) to not only create awareness but also empowers members of the community to take action.
Edith Ballestros	LA's Best	<a href="mailto:edithb@lasbest.lausd.net">edithb@lasbest.lausd.net</a>	"Currently"- working with American Chemistry Council to provide 15000 students from 91 schools, water bottles for GO H2O water bottle challenge. Goal: Work with school district to improve drinking fountains at schools.