

Rethink Your Drink Resources

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Nutrition Education Resources



Resources from the Bay Area Nutrition and Physical Activity Collaborative (BANPAC)- Includes Sugar Saavy Curriculum materials in English & Spanish, Train the Trainer Tools, Soda Free Summer Campaign Tools, Alameda County Nutrition Services Curriculums & Worksheets, 2007 BANPAC Soda Free Summer Evaluation Powerpoint, Campaign Tools contributed by partners, and 2009 Campaign Materials: Drink Water Said the Otter. Access materials at:

http://www.banpac.org/resources_sugar_savvy.htm



Northcoast Nutrition & Fitness Collaborative (NNFC)- Includes Rethink Your Drink Educator Information and Materials, expanded “Be Sugar Saavy” materials, and links to additional resources. Access materials at:

<http://www.northcoastnutrition.org/RethinkYourDrinkCampaign-i-137-109.html>



Dairy Council of California- Bone Health

[http://www.northcoastnutrition.org/files/bone_health_flyer%20\(3\).pdf](http://www.northcoastnutrition.org/files/bone_health_flyer%20(3).pdf)



Dairy Council of California- Put Your Beverage To The Test:

www.dairycouncilofca.org/PDFs/Bev_to_the_test.pdf

Nutrition Education Resources(continued)



USDA MyPyramid for Preschoolers- Provides healthy beverage information for parents of preschool aged children.

<http://www.mypyramid.gov/preschoolers/Plan/beverages.html>



Centers for Disease Control- Rethink Your Drink

http://www.cdc.gov/healthyweight/healthy_eating/drinks.html



Los Angeles County Department of Public Health Nutrition Program- Making Sensible Sugar Choices (English & Spanish)

[http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/8_%20Making Sensible Sugar Choices.pdf](http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/8_%20Making%20Sensible%20Sugar%20Choices.pdf)



Los Angeles County Department of Water and Power- Water Quality Report (English & Spanish)

<http://www.ladwp.com/ladwp/cms/ladwp001965.jsp>



Missouri Dental Association- Stop the Pop: Includes Brochures, Toolkits, Display Resources, and Student Project ideas.

<http://www.modental.org/mx/hm.asp?id=stopthepop>

Social Marketing



New York City Department of Public Health and Mental Hygiene-
Are you pouring on the pounds? Social Marketing posters.

<http://www.nyc.gov/html/doh/downloads/pdf/pan/PouringOnPounds.pdf>



BANPAC Soda Free Summer-: Includes links to Facebook, Twitter and YouTube Video contest.

<http://www.sodafreesummer.org/>

Policies for Healthy Beverages



Network for a Healthy California—Worksite Program-
Vending Machine Food & Beverage Standards and Healthy Meeting Policies Guidelines.

<http://www.takeactionca.com/california-fit-business-kit-tools.asp>



Centers for Disease Control- Choosing Foods and Beverages for Healthy Meetings, Conferences and Events.

http://www.cdc.gov/nccdphp/dnpa/hwi/policies/Healthy_Worksite_Food.pdf

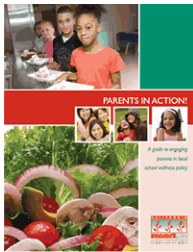


Los Angeles County Department of Public Health Nutrition Program-
Includes Policy models for healthy vending, meetings and events, and fundraisers.

<http://publichealth.lacounty.gov/nut/SmartSnackingatVendingMachinesFundraisersandMeetings.htm>

Bay Area Nutrition and Physical Activity Collaborative- Vending Machine Toolkit
http://www.banpac.org/healthy_vending_machine_toolkit.htm

San Diego Nutrition Network- Vending Machine Toolkit
http://www.sdnonline.org/tools_vending_machine_toolkit.htm



California Project LEAN – Parents In Action! Toolkit and Companion Lessons.

<http://www.californiaprojectlean.org/resourcelibrary/default.asp>