



10 Things Your Community Can Do

1. Hold a Life's Sweeter pledge drive and collect pledges to cut back on sugary drinks.
2. Start a Life's Sweeter task force to explore ways to make an impact on sugary drink consumption.
3. Stop or reduce sugary drink advertising and sponsorships of local events, sports leagues and programs, especially in schools.
4. Start a petition campaign to ask for healthier choices in community centers, schools, parks and hospitals.
5. Visit or call your elected officials to demand healthier beverage policies like increasing access to free tap water.
6. Leave leaflets and posters in neighborhood stores and popular hang outs, libraries and bus stops but be careful not to vandalize any property.
7. Declare a soda free day, week or month in your community.
8. Get more local groups involved. Spread the message of Life's Sweeter to your PTA group, Boy and Girl Scout troops and religious communities.
9. Organize a kids' coalition to ask local grocery stores to move sugary drinks away from the check-out line and promote healthier drinks through displays and coupons.
10. Participate in Food Day on October 24, 2011 by holding an event focused on sugary drinks. (www.foodday.org)

Join the
**Challenge
Community!**



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10 Things Your Business or Organization Can Do

1. Start a task force to explore ways your business or organization can cut back on sugary drinks.
2. Set an office-wide target for drinking less soda and sugary drinks.
3. Create rewards and prizes for healthy changes in your organization.
4. Make tap or filtered water accessible in your organization and promote it.
5. Find a “healthy vending” company to replace the soda machine with healthy snacks and beverages.
6. Cut portion sizes by offering smaller drink containers in cafeterias and for staff meetings.
7. Provide healthier drinks at functions, meetings, conferences, and parties. Try to serve mostly drinks with less than 25 calories per 8 ounces.
8. Make healthy choices readily available. Make sure that vending machines offer 9 healthier drinks for every 1 sugary drink.
9. Discourage unhealthy choices. Make sodas more expensive in company cafeterias and vending machines.
10. Get creative. Use fun and creative (but sensitive) ideas to educate employees about how drinking sugary beverages contributes to weight gain and disease.

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10 Things You and Your Family Can Do to Cut Back on Sugary Drinks

1. Choose water whenever possible over soda and sugary drinks.
2. Keep a drink journal and track how many sugary drinks you have in one week.
3. Set a target. To start, try drinking half as many sugary drinks this week.
4. Go for 100% fruit juice, in moderation. Avoid fruit “drinks” or “cocktails” which contain little or no juice.
5. At restaurants, skip the free refill. Switch to water or another unsweetened drink.
6. Brew your own iced tea instead of buying sugary bottled tea products. Keep a pitcher in your fridge, fill up a water bottle and take it with you.
7. If you like fizzy drinks, try alternatives like sparkling water with a splash of fruit juice or a lime wedge.
8. Make sugary drinks a rare treat instead of a daily ritual. Treat them like you would treat candy bars or a piece of cake.
9. Don't drink away your workout. There's no need for anything but water when exercising unless you're working out intensely for more than an hour.
10. Arm yourself with knowledge. Read nutrition labels to make better choices.

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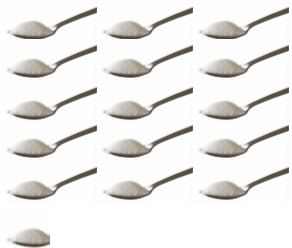
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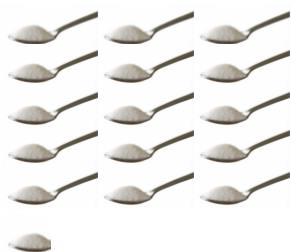
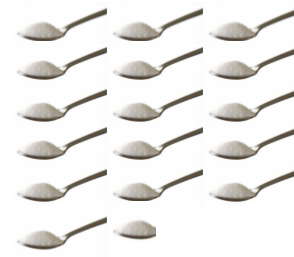
How Much Sugar are you Drinking?



15.5 Tsp
240 Cal



16.4 Tsp
250 Cal



15.5 Tsp
250 Cal



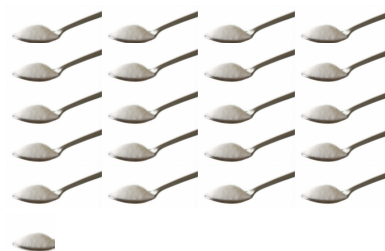
13 Tsp
200 Cal



15 Tsp
248 Cal



20.5 Tsp
320 Cal



17.6 Tsp
270 Cal



15 Tsp
240 Cal



17 Tsp
240 Cal



13.5 Tsp
240 Cal

