

Directive to Administrators (Specify which administrators)	WAD (Wednesday) Publication Date	WAD Notice #	No. of Pages
ALL SITE ADMINISTRATORS	May 4, 2011		1 of 9
WAD Title (Limit to 4-6 Words)	Date Due (if applicable)	Not Applicable After this Date:	
RETHINK YOUR DRINK Week	May 20, 2011	May 21, 2010	
From: Kim Coates (Cabinet member or approved by one below)	Title: Supervisor, Student Support Services Department	Signature:	Telephone: 242-2615

Inform:
 Certified Staff Classified Staff Parents Post on Bulletin Board Other _____

Administrative Directive

“ReThink Your Drink!” WEEK: May 15 – May 21

WHO: All SFUSD schools

WHAT: SFUSD celebrates *Rethink your Drink Week* (May 15 – May 21) to encourage students to cut down on sugar sweetened drinks and have a “soda free summer”

WHY:

- Regular soft drinks are the #1 source of added sugar in the American diet¹
- The average American consumes almost **100 pounds of sugar a year²**
- **One 20 ounce cola contains 17 teaspoons of sugar**

¹JF Guthrie & JF Morton (2000) Food sources of added sweeteners in the diets of Americans. J Am Diet Assoc.

²From the USDA Economic Research Service (ERS): <http://www.ers.usda.gov/Briefing/Sugar/Data.htm> 4/23/09

HOW:

- **Teach a lesson** to help students learn to be *sugar savvy* (see www.banpac.com)
- Classrooms can **chart their NO SODA days** during *ReThink your Drink Week* or for *Soda Free Summer* (see attached handouts English and Spanish)
- See **attached resource sheet** for more ideas!
- Copy and distribute handouts to **educate families** about sugar sweetened drinks (see attached resources in English and Spanish)
- Distribute materials for the **SODA FREE SUMMER** campaign (www.sodafreesummer.com)
- **Create a workplace policy** for sugar sweetened beverages and healthy food (see attached sample policy)

<i>Approved</i>	Cabinet Member: Kevin Truitt	Title: Associate Superintendent of Student Support Services Dept.	Signature:
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Commit to a Healthier You!



Bay Area Nutrition & Physical Activity Collaborative

I, _____, will re-think my drink
(print your name)

and be **SODA FREE** for one week!

*Drink water!
Drink milk!*

Keep track of your soda free days.

Color in a box for every day that you are soda free!

	SUN	MON	TUE	WED	THU	FRI	SAT
ReTHINK <i>your</i> drink							
	May 15 – May 21						

Total number of days I was soda free: _____

Don't stop now! Be soda free... all summer long!

¡Comprométase a ser más Saludable!



¡Yo, _____, re-pensaré mi bebida y

(escriba tu nombre)

seré **LIBRE DE LA SODA** por una semana!


¡Toma agua!
¡Toma leche!

Apunte los días que eres libre de la soda.

¡Colorea la caja correspondiente a cada día que eres libre de la soda!



Bay Area Nutrition & Physical Activity Collaborative

 (re-piensa tu bebida) 15 de mayo – 21 de mayo	domingo	lunes	martes	miércoles	jueves	viernes	sábado

Número total de días que fui libre de la soda: _____

¡No pares ahora! ¡Sea libre de la soda... todo el verano!

Commit to a Healthier You!

I, _____, will be **SODA FREE** this summer.

(print your name)

Keep track of your soda free days!

Color in a box for every day that you are soda free!



Drink water!
Drink milk!

Write in the dates:	SUN	MON	TUE	WED	THU	FRI	SAT
Week:							
Week:							
Week:							
Week:							
Week:							
Week:							
Week:							
Week:							
Week:							

Total number of days I was soda free: _____

Don't stop now! Be soda free... all year long!



¡Comprométase a ser más Saludable!



¡Yo, _____, seré **LIBRE DE LA SODA** este verano!

(escriba tu nombre)

*¡Toma agua!
¡Toma leche!*

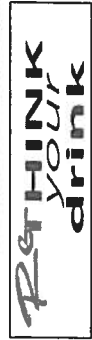
¡Apunte los días que eres libre de la soda!

¡Colorea la caja correspondiente a cada día que eres libre de la soda!

Escriba las fechas:	domingo	lunes	martes	miér- coles	jueves	viernes	sábado
Semana:							
Semana:							
Semana:							
Semana:							
Semana:							
Semana:							
Semana:							
Semana:							

Número total de días que fui libre de la soda: : _____

¡No pares ahora! ¡Sea libre de la soda... todo el año!



(Re-piensa tu bebida)



MAKE YOUR SCHOOL SODA FREE!



41% of children ages 2-11 drink at least one soda or sugar-sweetened beverage on an average day¹

Soda is the #1 source of added sugar in the American diet²

The average American consumes almost 100 pounds of sugar a year³

¹ Babey, S. et al. Bubbling Over: Soda Consumption and Its Link to Obesity in California. UCLA Center for Health Policy Research, Sept., 2009

² Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *Journal of the American Dietetic Association* 2000;100(1):43-51.

³ From the USDA Economic Research Service (ERS): <http://www.ers.usda.gov/Briefing/Sugar/Data.htm> 4/23/09

IN CLASS

1. **Teach a lesson** to help students learn to be *sugar savvy*: limit sugar intake, drink plenty of water, and eat lots of colorful fruits and vegetables.
2. **Be a role model** for students by drinking water, participating in PE time, and rewarding with non-food items.
3. **Chart your classroom's soda free days** or have individual students keep track.
4. **Celebrate special days in a healthier way** with physical activity & fruit and veggie parties.
5. **Distribute materials for the *SODA FREE SUMMER* campaign.**

DRINK WATER!

Delicious with
a squeeze of lime ,
a wedge of orange ,
a frozen berry ,
a sprig of mint,
a slice of cucumber,
a piece of pineapple,
a sliver of mango...



SCHOOL WIDE

1. **Develop a school-wide "NO SODA" policy** for students and staff.
2. **Provide Staff Development & Parent Education:** contact a nutrition educator to teach staff and families about healthy eating.
3. **Include "Healthy Messages"** in morning announcements.
4. **Sponsor a *Re-think Your Drink* poster contest.**
5. **Fundraise** with walk-a-thons or read-a-thons or by selling non-food items.



RESOURCES: *Sugar Savvy* lessons, Soda Free Summer campaign materials, non-food fundraising ideas, healthy snack lists, & more...

www.banpac.org/resources_sugar_savvy.htm
www.healthiersf.org/nutrition



Re-Think Your Drink !!!



How much sugar does the average American consume in a year?

Almost **100 pounds** a year...which is about **one quarter pound of sugar a day!**

You may wonder how it is possible that people consume this much sugar. We are talking about the *extra sugar* that manufacturers add to food and drinks. Most of the added sugar in our diets comes from sodas and other sweetened beverages. It is time to **re-think your drink!**



Nutrition Facts

Serving Size 20 fl. oz (591 ml)
Servings Per Container 1

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 65g 22%

Sugars 65g

Protein 0g

* Percent Daily Values are based on a 2,000 calorie diet.

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.



How much sugar is in a 20-ounce soda?

Begin by reading the label. There are 65 grams of sugar in this single serving bottle of soda. To calculate the amount of sugar in teaspoons, take the 65 grams and divide by 4. That equals approximately 17 teaspoons.



$$65 \text{ grams} \div 4 \approx 17 \text{ teaspoons}$$

Would you add 17 teaspoons of sugar to a glass of ice tea or lemonade?



Sugar Has Many Disguises!

Sugar comes in many forms. Here are common words for sugar in a food product ingredient list:

- Barley malt
- Brown sugar
- Cane juice
- Dextrose
- Glucose
- Sucrose
- High fructose corn syrup
- Honey
- Malodextrin
- Maple syrup
- Molasses
- Raw sugar



Skip the sugar sweetened drinks and choose healthy alternatives like tap water, soda water, low-fat milk, or 100% juice in limited amounts—not more than 1/2 cup of juice per day.

Try replacing just one sugary drink with water every day. Add a slice of orange, lemon, lime or cucumber for zero calories and lots of flavor. YUM!

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California



NOTICIAS DE NUTRICIÓN



Verano 2011

Proyecto Educativo Nutricional

Reconsidere lo que bebe este verano

¿En promedio, cuanta azúcar consume el americano por año?

¡Casi **100 libras** al año...lo cual aproximadamente es **un cuarto de libra de azúcar por día!**



Usted se preguntará ¿Cómo es posible que la gente consuma tanta azúcar? Nos referimos a el *azúcar adicional que los fabricantes le ponen a sus comidas y bebidas*. La mayoría del azúcar en nuestra dieta, viene de refrescos y otras bebidas. ¡Es momento que reconsideré lo que bebe!

Información Nutricional	
Tamaño de la porción 20 fl.oz (591 ml)	
Porciones por envase 1	
Cantidad por porción	
Calorías	240
% del Valor Diario*	
Grasa Total	0g 0%
Colesterol	0mg 0%
Sodio	75mg 3%
Total de Carbohidratos	65g
Azúcar	65g
Proteína	0g
*el porcentaje del valor diario se basa en la dieta con 2,000 calorías	
No es una fuente significativa de calorías de la grasa, grasa saturada, grasa trans, colesterol, fibra dietética, vitamina A, vitamina C, calcio y hierro.	



¿Cuanta azúcar hay en 20-onzas de refresco?

Empiece por leer la etiqueta. Hay **65 gramos** de azúcar en una sola botella de refresco. Para calcular cuanta azúcar hay en una cucharadita, tome esos 65 gramos y divídalos entre 4. Eso equivale a 17 cucharadita aproximadamente.

$$65 \text{ gramos} \div 4 \approx 17 \text{ cucharaditas}$$

¿Usted pondría 17 cucharaditas de azúcar en un vaso de te helado ó a una limonada?



¡El azúcar tiene muchas presentaciones!

El azúcar tiene muchas formas. Aquí hay una lista de palabras que comúnmente se utilizan en una lista de ingredientes para nombrar el "azúcar":

- Cebada
- Azúcar morena
- Dulce de caña
- Dextrosa
- Glucosa
- Sacarosa
- Jarabe de maíz con alta fructosa
- Miel
- Maltodextrina
- Jarabe de arce
- Melaza
- Azúcar de caña



No beba refresco este verano y utilicé alternativas saludables como; agua, agua gaseosa, leche baja en grasa, jugo 100% natural en cantidades pequeñas—no más de ½ taza de jugo por día.

Todos los días, reemplace una bebida con azúcar, por agua. Ponga una rebanada de naranja, limón, lima o pepino para cero calorías y mucho sabor. ¡DELICIOSO!

Este material fue pagado por el Programa de Vales del USDA a través de la Red Nacional Nutricional de California para las Familias Activas y Saludables. Esta institución es equitativo entre proveedor y patrón. El Programa de Estampillas, provee asistencia nutritiva para las personas de bajo recursos. Le ayuda a comprar comida nutritiva para una dieta mejor. Para más información sobre el Programa de Vales, llamar al 415-558-4186.



ABC Elementary School

SAMPLE Staff Healthy Food & Beverage Policy

The staff members at ABC Elementary strive to promote health and wellness by being role models to promote healthy food and beverages. Creating a healthier school environment is reflected in the food and beverages served at school staff functions, and is in alignment with the district Wellness Policy.

The following food and beverage policy applies to all school staff meetings and events:

1. All foods and beverages provided will be 100% healthy*.
2. No sugar-sweetened beverages will be provided.
3. Water will be provided in pitchers (or readily available nearby.)
4. A physical activity break will be conducted every 2 hours.

*Guidelines adapted from the UC Berkeley Guide to Healthy Meetings and Events
<http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/healthymeetings.pdf>

Foods

Food selections should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.

- Include lean meat such as skinless poultry, fish, beans, and tofu, or eggs, nuts, and seeds.
- Include a vegetarian option; consider a vegan option for larger groups.
- Select food with no trans fat, and low in saturated fat, sodium, and added sugar.
- Choose food that is prepared by grilling, baking, or sautéing with healthy fats.
- If dessert is provided, choose fruit or other healthy options.
- Serve healthy portions.

Beverages

Water should always be included, preferably served in bulk containers such as water pitchers rather than individual plastic bottles. Other healthier beverage choices include (when possible, serve beverages in bulk):

- Non-caloric beverages such as coffee or tea.
- Carbonated water or iced teas, flavored or unflavored, with no added sweeteners.
- Nonfat or 1% milk or dairy-free alternative (soy & rice milk, Lactaid).

Availability of Food

Offer food only at meetings that take place during usual meal times or are more than three hours in length. Otherwise, beverages such as tap water, coffee, and/or tea are suggested. If food is offered as an incentive for meeting attendance, offer fruits, vegetables or other low-calorie, healthful food options.