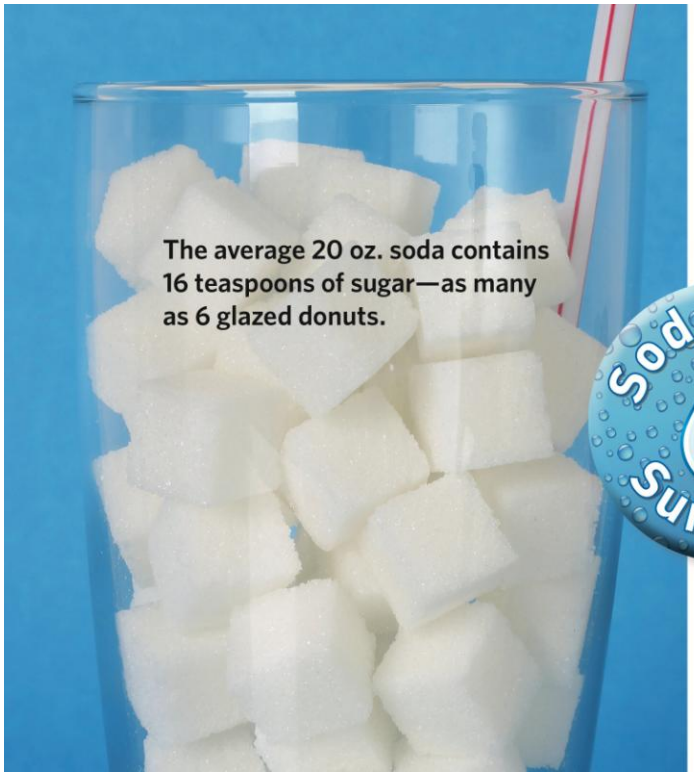

Sugary drinks are a leading cause of childhood obesity today. A healthy, well nourished child performs better in school. Help your kids be their best by replacing sodas and other sugary drinks with water and nonfat milk.

Soda Free Sundays

We're challenging families and kids to take a break from sugary drinks.

Take the pledge today.

Find out more at

www.sodafreesundays.org

Seattle and King County take a break from sugary drinks….

- **1,004 Individuals** took the Soda Free Sundays pledge to take a break from sugary drinks.
- **Over 50 organizations** signed on to the campaign in support of greater awareness about the dangers of sugary drinks.
- Soda Free Sundays is proud to have **the pledge support of Mayor McGinn and every member of Seattle City Council**.
- Soda Free Sundays held or participated in **nearly 40 events throughout the King County community** to generate awareness.
- The campaign's efforts to educate on sugary drinks as a health hazard received much **media coverage**, including radio interviews, mentions in local magazine and newspapers, published opinion editorials, and great web/social media attention (visit www.sodafreesundays.org).
- This month, approximately **16,000 Seattle school youth will go home with important information on sugary drinks** and the Soda Free Sundays campaign.

Childhood Obesity Prevention Coalition
Building a Healthier Generation

To become a part of the movement for building a healthier generation for Washington, visit www.copcwa.org.