

Re-think Your Drink

WATER

Drink water all day long for a healthy body.

SODA POP

Soda can lead to cavities, weak bones, less energy, and weight gain.

CAVITIES

Soda can give you cavities.
Drink milk for strong teeth.

STRONG BONES

Drink milk for strong healthy bones.



STOP THE POP

Choose to drink water.
Choose to drink milk and 100% juice.