



Take the pledge at [kac.org/passonpop](http://kac.org/passonpop)

*Thanks for taking the pledge! Skipping soda (and other beverages made with added sugar) just once a week is a small way to improve your family's health. Here are some tips to help your family make this change.*

### Talk about it

- \* Sugar-sweetened drinks, like soda, are full of empty calories. As a family, discuss why you're making this change and what the health benefits are.
- \* Help your kids identify which drinks are made with added sugar and which drinks are healthier choices.

### Keep each other accountable

- \* Purchase and serve healthier beverages – like unsweetened tea, milk, 100% fruit juice, seltzer or water – and don't be afraid to try new drinks!
- \* Post a note on your fridge to remind the family about your pledge. To request a Pass on Pop refrigerator magnet, e-mail [hilary@kac.org](mailto:hilary@kac.org).

### Share your commitment

- \* "Like" the Pass on Pop Facebook page – [www.facebook.com/passonpop](http://www.facebook.com/passonpop) – we'll offer tips and information that you can use and share.
- \* Tell us why your family is choosing to Pass on Pop or share pictures on the Facebook page.
- \* Tweet about your pledge and use the hashtag #PassOnPop