



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 health. Here are some tips to help you make this change.*

### Think about your goals

- \* Sugar-sweetened drinks, like soda, are full of empty calories. Discuss why you're making this change with friends, family and colleagues.
- \* Do you want to improve health, take care of your teeth and bones or cut back on added calories? Passing on Pop helps with all of these goals!

### Keep accountable

- \* Purchase and consume healthier beverages – like unsweetened tea, milk, 100% fruit juice, seltzer or water – and don't be afraid to try something new.
- \* Post a note on your fridge to remind yourself 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 you are choosing to Pass on Pop or share pictures on the Facebook page.
- \* Tweet about your pledge and use the hashtag #PassOnPop