

Join us for BANPAC's *Be Sugar Savvy* Train-the-Trainer Workshop

Did you know the average person eats almost 175 pound sugar each year—that's about half a pound of sugar every day! Sweetened beverages account for about 30% of all calories consumed each day—and soda is the #1 source of sugar in the North American Diet.

What is Be Sugar Savvy?

Be Sugar Savvy is a fun hands-on class for adults and children about how much sugar is in the food and drinks they consume every day. To educate, motivate, and empower Bay Area Residents to reduce their sugar consumption BANPAC is launching the *Be Sugar Savvy* educational initiative and the *Soda Free Summer* campaign. We want you to Be Sugar Savvy and join our campaign!

Come to the *Be Sugar Savvy* Workshop:

When: April 18th from 9:00 AM to Noon

Where: Elihu Harris State Building. 1515 Clay St., Oakland, 94612. Room #1

At the train-the-trainer workshop you will:

- ✓ Receive a hands-on education curriculum with camera-ready copies
- ✓ Learn how to spread the message on how to *Be Sugar Savvy*
- ✓ Get ready for the *Be Sugar Savvy* educational initiative and the *Soda Free Summer* Campaign in your community
- ✓ Leave feeling informed, inspired and ready to get involved!



Please register online by April 12 @ <http://ucanr.org/besugarsavvy>

Questions: contact Susan Karlins, MPH, BANPAC Coordinator @ susan.karlins@hhs.sccgov.org

Developed by the Alameda County Public Health Department and funded, in part, by the USDA's Food Stamp Program, an equal opportunity provider and employer. For information on obesity prevention or food stamps, call 1.888.328.3483.

The Santa Clara County Public Health Department is the lead agency for the *Network for a Healthy California—Bay Area Region*.

