

TAKE THE FRIGHT OUT OF SUGARY TREATS

CONSUME MORE WATER AND UNSWEETENED BEVERAGES!

With Halloween just days away, the scariest ghou! this season maybe all the sugary drinks we consume.

This month, put some balance into your diet and pledge to reduce or give up sugar-sweetened beverages at home and in the cafeteria.

By breaking the sugary drink habit for a few days, you can indulge a bit on Halloween, reduce the amount of packaging waste you produce, and if you give up the drinks for good, you might reduce your stroke risk and reduce your waistline as well.



We're part of Practice Greenhealth's Earth Day Leadership to support a year of Earth Days for a Healthier Environment.

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