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.

Share your commitment

* “Like” the Pass on Pop Facebook page – 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