



# PHILADELPHIA COALITION FOR HEALTHY CHILDREN

## HEALTHY FOOD FOR HEALTHY KIDS

### PLEASE DISTRIBUTE TO PEOPLE CONCERNED ABOUT CHILDREN'S HEALTH

The School District of Philadelphia is proposing to sign a contract with soda companies to significantly increase the number of vending machines selling beverages in schools. This will allow these companies to sell non-nutritious beverages that contribute to poor nutrition and obesity.

- One extra soda a day increases a child's chance of becoming obese by 60 percent.
- The average teenager consumes 15 to 20 teaspoons a day of added sugar from soda.
- Teens drink twice as much soda as milk, which may lead to weak bones later in life.
- Reducing soda consumption in children may prevent obesity and associated health problems.



### What can you do?

Keep our schools safe places for children. Urge the School District to sell only beverage products that meet nutritional standards:

- 100% fruit juice
- Waters with no added sugars
- Low-fat milk

**Say YES to healthy beverages and NO to the "exclusive beverage" contract.**