

**Re**THINK  
your  
drink

# PLEDGE

I agree to replace unhealthy sugar-sweetened beverages, including \_\_\_\_\_ with healthier beverages, such as \_\_\_\_\_.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**GOLD COAST COLLABORATIVE  
FOR NUTRITION AND FITNESS**

San Luis Obispo ♦ Santa Barbara ♦ Ventura  
[www.goldcoastnetwork.org](http://www.goldcoastnetwork.org)

*For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.  
Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips.  
• California Department of Public Health*



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