



COUNTY OF YOLO

Office of the County Administrator

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FOR IMMEDIATE RELEASE

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Yolo County Residents Invited to Rethink Your Drink Day May 11

(Woodland, CA) – The Yolo County CalFresh Healthy Living Team and CommuniCare invite Yolo County residents to Rethink Your Drink Day at CommuniCare health centers countywide on May 11, 2022. Rethink Your Drink Day is a part of a statewide movement to inspire Californians to "refresh better" by choosing water instead of sugary drinks.

Free infused waters will be available for sampling, along with recipes to make your own infused water and resource guides for tracking the amount of sugar in popular beverages. At these events, you will learn:

- How to make simple and healthy fruit and herb infused waters for different flavor cravings – herbal, sweet, tangy, and tropical.
- How to make an Origami Flavor Finder – a fun folded paper game for children that promotes naturally-flavored waters.
- How to use the [Beverage Breakdown](#) – a digital tool to help you determine how much added sugar is in your family's drinks and positive changes you can make to be healthier.

The free Rethink Your Drink Day events will take place outdoors in front of the lobbies, and all are welcome to attend one or more of the events at the following locations and times:

- CommuniCare Salud Clinic in West Sacramento, from 9:30 – 11am
- CommuniCare Davis Community Clinic in Davis, from 1 – 2:30 pm
- Hansen Family Health Center in Woodland, from 3– 4:30 pm

The Rethink Your Drink Program is a public health initiative led by the California Department of Public Health and administered by local health departments. The program's primary goals are to educate Californians about healthy drink options, help identify drinks with added sugar, like soda and fruit juice, and make the link between consumption of sugar-sweetened drinks and health risks. In this way, the program hopes to shift consumption toward healthier and more affordable beverages like water.

For more information on the Rethink Your Drink Day events and Yolo County CalFresh Healthy Living Team programs, please contact David Linebarger via email at David.Linebarger@yolocounty.org or by calling (530) 666 – 8429.

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