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PLEASANTON PTA COUNCIL PARTNERS WITH SCHOOL DISTRICT TO RETHINK YOUR DRINK

Pleasanton: Did you know that the average person eats almost 175 pounds of sugar a year- about half a pound a day? The single biggest source is sugary drinks. The Pleasanton PTA Council thinks it is time to Rethink Your Drink. At last week's board meeting, they donated \$2500 to the Pleasanton Unified School District for the Rethink Your Drink Program.

The Amador and Foothill High School Health and Bioscience Academy students will be adapting materials from the Alameda County's Soda Free Summer program and making presentations to middle school health students. Studies indicate that the average American teen drinks 750 cans or bottles of soda each year. The Rethink Your Drink program raises awareness about the amount of sugar in drinks and educates students about the importance of reducing or eliminating products full of sugar/high fructose corn syrup.

"We are pleased to be able to partner with the school district to raise awareness among our students," says Pleasanton PTA Council President Joan Laursen. "High school students are the perfect messengers to teach younger students about smart drink choices."

The Rethink Your Drink Program is funded by a grant from Kaiser Permanente.

For more information, please contact the Pleasanton PTA Council at www.pleasantonpta.org.

The Pleasanton PTA Council began in 2003 as an umbrella group for all PTAs in Pleasanton. The mission of the PTA is to represent their members and to empower and support them with skills in advocacy, leadership, and communication to positively impact the lives of all children and families.

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