



WHAT CAN BE DONE TO KICK THE CAN?

We can all Kick the Can in one way or another. As a parent, you can keep only healthy beverages around the house. Workplaces can decide to sell only healthy beverages in vending machines and cafeterias. And federal, state, and local governments can stop selling and promoting sugary drinks and tax them to discourage consumption. But that's not all -- there are many other policies that can help us all Kick the Can.

Individuals

- Tell the beverage industry to be a part of the solution by [signing our petition](#).
- Pledge to stop your consumption of sugary drinks. Visit www.fewersugarydrinks.org.
- Kick the Can out of your house; make water your default drink.
- Tell everyone you know [The Facts](#) about sugary drinks.
- Investigate your school district's policy on selling sugary drinks in vending machines, school stores, or at fundraisers; work for a school beverage policy that bans all sugary drinks.
- Tell your mayor, city council members, and state legislators that you want healthy beverage policies passed.

Schools and School Districts

- Eliminate the sale of all sugary drinks on K-12 school campuses.
- Prohibit sugary drink advertising and sponsorship on school campuses.
- Don't accept sponsorship, grant, or gift money from beverage companies.

Organizations

(Hospitals, public and private employers, religious institutions, and community organizations)

- Include [The Facts](#) about sugary drinks in workplace wellness education.
- Limit or stop the sale of sugary drinks in vending machines and cafeterias; stop serving sugary drinks at conferences and staff meetings.
- Provide and sell only healthy beverages at programs and events especially those attended by children and adolescents.
- Don't accept sponsorship, grant, or gift money from beverage companies.

Local City and County Governments

- Prohibit the purchase of sugary drinks with city or county funds.
- Eliminate sugary drinks in vending machines on property owned or leased by cities or counties.
- Prohibit sugary drink advertising and sponsorship at city and county events, sports leagues, facilities and programs.
- Enact a sugary drink tax and earmark the revenue for community-based obesity prevention programs.

State Governments

- Prohibit marketing of sugary drinks on K-12 public school campuses.
- Enact an excise tax of at least one-cent-per-ounce on sugary drinks and earmark the revenue for community-based obesity prevention programs.

Congress

- Prohibit the sale, serving and marketing of sugary drinks on K-12 public school campuses.
- Mandate that the Food and Drug Administration require sugary drink manufacturers to include a warning label on the front of all products listing the number of teaspoons of added sugar.
- Require the Federal Trade Commission to develop and implement standards to limit advertising of sugary drinks to children under age 16.
- Enact an excise tax of at least one-cent-per-ounce on sugary drinks and earmark the revenue for community-based obesity prevention programs.