

“Share a better beverage with...” How to participate in the challenge

What is “Share a better beverage with...”?

I hope you’re thirsty! As part of ReThink Your Drink, Every Sip Counts!, “Share a better beverage with...” is a challenge that encourages individuals, families, and organizations to choose better beverages* over sugary drinks.



***Better beverages include:** water, seltzer/sparkling water, naturally-flavored sparkling water, fruit-infused water (e.g., lemon cucumber water), plain low-fat or fat-free milk or milk alternatives, ½ cup of 100% juice, tea or coffee without sugar, or a homemade smoothie.

To participate:

1. Make sure you’ve Liked our Facebook page: ReThink Your Drink Minneapolis.
2. Take a picture (or selfie) of you sharing a better beverage of your choice with a friend(s), family, coworkers, etc.
3. Share and upload the picture to the (ReThink Your Drink Minneapolis) Facebook page.
4. Write: “Sharing a (insert name of better beverage) with (who). I nominate (TAG names of person(s) you nominate) to share a better beverage! #betterbeverages #rethinkyourdrinkmpls #eversipcounts”

Note:

- You can nominate as many people as you like.
- If nominated, you have 24 hours to share a better beverage and upload a picture!

Ready

Set

GO!