Rethink Your Drink:

Choose low-fat milk as a healthy alternative.

CalFresh
HEALTHY LIVING

Visit CalFreshHealthyLiving.org for healthy tips.

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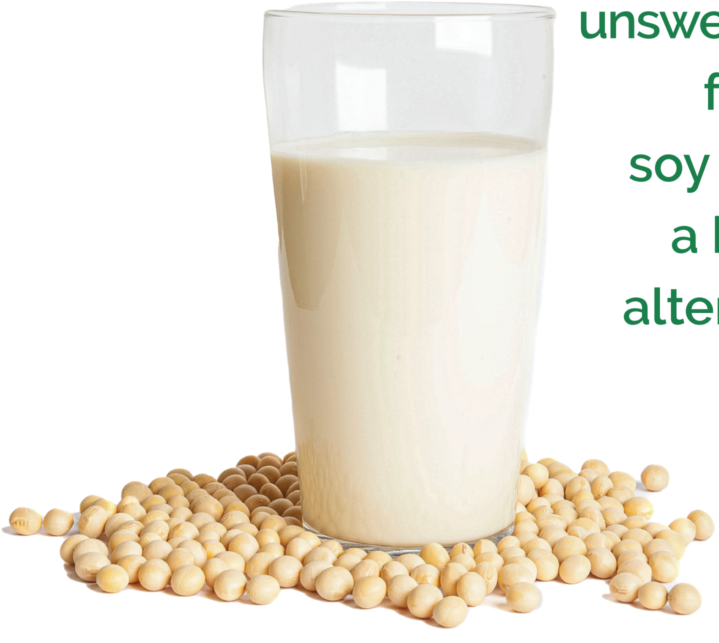
Rethink Your Drink:

Choose unsweetened fortified soy milk as a healthy alternative.



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Rethink Your Drink:

Choose unsweetened dairy-free milk as a healthy alternative.

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Rethink Your Drink:

Get creative.

Add fruits and herbs to water for a refreshing drink!

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