

Keep **Soda** Out of Mississippi Elementary Schools

Evidence-based facts every parent, teacher, and school board member needs to know

160%

OF A CHILD'S DAILY SUGAR LIMIT IN 1 SODA

24.3%

MS YOUTH OBESITY RATE (VS 16.1% US)

42g

SUGAR IN ONE 12-OZ SODA

21%

MS ELEMENTARY STUDENTS WITH OBESITY

THE FACTS

- ⚠ One 12-oz soda contains **10 teaspoons of sugar** — the AHA recommends children consume no more than 6 teaspoons per *entire day*.
- ⚠ Mississippi has the **highest youth obesity rate** in the nation. Schools should be part of the solution, not the problem.
- ⚠ Children who drink one or more sodas daily are **60% more likely** to become obese than those who don't.
- ⚠ Sugary drinks are linked to **type 2 diabetes, heart disease, tooth decay, ADHD symptoms**, and poor academic performance.
- ⚠ Elementary-age children (5–11) are forming **lifelong dietary habits**. What schools normalize, children accept as healthy.
- ⚠ Mississippi's Smart Snacks standards already prohibit soda *sales* in K–5, yet soda still appears at **parties, as rewards, and through donations**.

WHO AGREES?

CDC · American Heart Association · American Academy of Pediatrics · World Health Organization · American Dental Association — all recommend eliminating sugary drinks from school environments.

"Sugar-sweetened beverages are the single largest source of added sugars in the American diet and a leading driver of childhood obesity."

— American Heart Association, 2024

WHAT YOU CAN DO

- ✓ **Ask your school** about its wellness policy on sugary drinks — does it cover parties, rewards, and donations?
- ✓ **Attend a school board meeting** and speak during public comment about strengthening beverage policies.
- ✓ **Email your state legislator** — use the pre-written template on our website to send in one click.
- ✓ **Talk to other parents** — share this flyer at PTA meetings, pickup lines, and community events.
- ✓ **Suggest healthy alternatives** — water, milk, and 100% fruit juice (≤8 oz) are appropriate for elementary students.
- ✓ **Sign the pledge** online to join hundreds of Mississippi parents demanding soda-free schools.
- ✓ **Share your story** — tell us how soda availability has affected your child. Real stories inspire change.

THE GOAL

A comprehensive policy ensuring **no soda is provided** to elementary students during the school day or at school-sponsored events — including parties, celebrations, rewards, fundraisers, and donations.

HEALTHY ALTERNATIVES

Water (plain or infused) · **Low-fat milk** · **100% fruit juice** (≤8 oz) · **Flavored water** (no added sugar). Children don't need soda — they need hydration and nutrition.

Join the Movement — Read the Full Report & Sign the Pledge

Visit our website for the complete evidence-based report, pre-written email templates for legislators, and the parent pledge.

mssodareport.manus.space