That’s the amount of weight you could gain in one year simply by drinking one 20 oz soda instead of an unsweetened beverage each day.

Is it worth it?

Try water, seltzer, or other no-calorie drinks.
NEED A SNACK?
Grab a healthier option
FUEL UP, FEEL GOOD
THINKING ABOUT A SNACK?

Our vending machines now feature healthier, great-tasting options.

FEEL GOOD when you fuel up
2 miles.
That’s the distance you would have to run to **burn off** the calories from one 20 oz sports drink.

Why waste your workout?
Choose water.
Unhealthy snacks and drinks contribute to weight gain, diabetes, high blood pressure, and heart disease.

Healthier snacks are good for you, plus they taste great. Grab one today!
SMART SNAKING
SAVES YOUR HEART
SMART SNACKING KEEPS YOU COOL
Now there are healthier options in the vending machines to help you grow up big and strong.

Try them today!
3 miles.
That’s the distance you would have to walk to burn off the calories from one 20 oz bottle of soda.

Choose water, or other no-calorie drinks.
Why wait until the New Year to start eating healthier foods?

Start today.
What’s in YOUR bottle?
What’s in YOUR bottle?

SODA

WATER