DROP THE POP:
GENERAL INFORMATION

2014

ADAPTED BY THE KIDNEY FOUNDATION OF CANADA, MANITOBA BRANCH

The foundation of kidney care.
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1. What is the Drop the Pop Challenge?

Every year, the Manitoba Branch of The Kidney Foundation of Canada invites First Nation schools, parents, and communities to take part in the Drop the Pop Challenge. The goals of the challenge are to:

- decrease consumption of sugary drinks* by children and teens in Manitoba’s First Nations communities;
- make students, parents, and community members aware of the harmful health effects of sugary drinks; and
- promote water and milk as alternatives to sugary drinks.

Acknowledgement
The Kidney Foundation of Canada adapted this document from:


Why use this guide
This guide can help you incorporate nutrition and oral health activities into your teaching program during:

- February: Heart Month
- March: Kidney Health and Nutrition Month
- April: Dental Health Month
- November: National Diabetes Awareness Month

Contact any of the following to help you plan your Drop the Pop Challenge:

- Aboriginal Diabetes Initiative worker
- Community health representative
- Dental hygienist
- Diabetes educator
- Dietitian or nutritionist
- Elder or traditional teacher
- Local healthy role model

1. What is the Drop the Pop Challenge?
*We use the terms “sugary beverages,” “sweetened beverages,” and “sugary drinks” throughout this text to refer to:

- soft drinks such as Pepsi, Diet Coke, 7-Up, etc.;
- sports drinks, such as Gatorade and Powerade;
- energy drinks, such as Red Bull and Full Throttle;
- powdered drinks, such as Tang and Kool-Aid;
- sweetened milk products; and
- fruit drinks, beverages, punches, and cocktails.

1.2 What happens during the challenge?

- The Drop the Pop Challenge is for all students from kindergarten to grade six.
- Schools challenge students to stop drinking sweetened beverages for five consecutive days.
- Schools encourage students to limit their consumption of 100% pure fruit juice to a maximum of one glass per day (8 oz /250 ml).

1.3 When does the challenge take place?

- For five consecutive days during the school year.
- Schools work with The Kidney Foundation to set a date.

1.4 Educational activities

- Your school can hold educational activities at any time during the school year, not only during the week of the challenge.
- There is a separate document of teacher lessons available called Drop the Pop: Lesson Plans for Teachers.
- The Kidney Foundation is constantly researching and finding new resources for teachers. We post these online at: https://kidney.ca/mb/schools-curriculum
1. What is the *Drop the Pop* Challenge?

- Educational activities may be led by:
  - teachers;
  - Aboriginal Diabetes Initiative workers;
  - community health representatives;
  - dental hygienists;
  - dietitians/nutritionists;
  - Elders/traditional teachers;
  - local role models; and/or
  - school nurses.

“Important values are health and to maintain health. It’s very important for a Native person to try and practice the rituals of our ancient forefathers.”

~Saulteau Elder Wilf Tootoosis

# 2. How to Take Part in the Challenge

The following table gives information for teachers on how to carry out the *Drop the Pop Challenge*:

<table>
<thead>
<tr>
<th>Timeline</th>
<th>Steps</th>
</tr>
</thead>
</table>
| **Before the challenge** | 1. Read this document for general information about the challenge.  
2. Read *Drop The Pop: Lesson Plans for Teachers*.  
3. Distribute the letter (*Appendix 1*) and consent form (*Appendix 2*) to parents to:  
   • inform them about the challenge;  
   • tell them when it is taking place; and  
   • get their consent to photograph the winners.  
4. Announce the *Drop the Pop Challenge* to students:  
   • Explain its goal.  
   • Describe the participation prizes.  
   • Write students’ names on the *Drop the Pop Score Sheet* (*Appendix 3*).  
   • Post it in the classroom.  
5. Integrate the educational activities into your teaching program or your schedule based on your availability. |
| **During the week of the *Drop the Pop Challenge*** | Once a day, for the five days of the challenge:  
1. Ask your students if they drank any sugary beverages.  
2. Put a check mark on the *Drop the Pop Score Sheet* (*Appendix 3*) if the student did not drink any sugary beverages during an entire day.  
   **For example:** On Tuesday morning, ask the students if they consumed any sugary beverages on Monday, etc.  
   **Note:** If necessary, inform any substitute teachers about the *Drop the Pop Challenge* if you will be away during this time. |
| **After the *Drop the Pop Challenge*** | 1. Complete the:  
   • *Drop the Pop Score Sheet* (*Appendix 3*) for your class.  
   • *Entries for Drop the Pop Prizes* (*Appendix 4*).  
   **Note:** Only enter the names of children who have given up sugary drinks for at least three out of the five days.  
   • *Evaluating the Drop the Pop Challenge* (*Appendix 5*).  
2. Submit these three sheets to the person organizing the challenge in your community.  
They’ll draw the winning classes and students at random once all names are submitted. |
3. Information for Teachers

This chapter has the following sections:
3.1 Why take part in Drop the Pop?
3.2 Health statistics
3.3 Facts about sugary drinks
3.4 Facts about juice and “liquid candy”
3.5 Facts about water
3.6 Facts about milk
3.7 The trouble with caffeinated drinks
3.8 Protecting Mother Earth

3.1 Why take part in Drop the Pop?

Many people are aware and alarmed by the growing rates of obesity, diabetes, tooth decay, and other health issues among First Nations children.

The overconsumption of sugary beverages, along with lack of physical activity, contributes greatly to excess weight gain in children.

Excess weight, even at a young age, contributes to the development of certain health problems. These include:

- Insulin resistance
- Glucose intolerance
- Type 2 diabetes
- Kidney disease
- Hypertension (high blood pressure)
- Heart disease
- Various respiratory problems
- Various musculoskeletal problems

The sugar and acid in sugary drinks are also largely responsible for tooth decay and tooth enamel erosion, particularly in people with poor oral hygiene habits.
3.2 Health statistics

This section shares some statistics on:
- Consumption of sugary beverages
- Overweight/obese children
- Physical activity
- Diabetes
- Oral health

Consumption of sugary beverages
- 90% of children consume 1 or more sugary beverage in 24 hours. This does not include 100% pure fruit juice.\(^2\)
- \(\frac{1}{4}\) of the total energy consumed by children comes from sugary drinks. This does not include 100% pure fruit juice.

Overweight/obese children
- In Manitoba, one-third of all children are considered overweight or obese, compared to 26 percent nationally.\(^4\)
- 70% of the children in Eeyou Istchee (Quebec) are overweight.\(^5\)

“Our people are not facing obesity as a crisis because of our genes. Throughout history, we have been a land-based people. Our health issues stem from the move away from our traditional, active lifestyle. As a people, we now face deep-rooted and complex issues of poverty, geographical isolation, food insecurity, unequal access to education, and others that place our health at risk.”

~Melanie Ferris, First Nations mother\(^3\)

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Physical activity

- As few as 10 percent of children and teens in Manitoba get the recommended amount of physical activity.\(^6\)
- Canada’s Physical Activity Guidelines recommend 60 minutes of moderate to vigorous activity per day for children ages 5 to 11 years.\(^7\)
- Only 49% of children are physically active enough.\(^8\)
- 18% of children take part less than once a week in a physical activity.\(^9\)
- Children spend, on average, 3.5 hours per day watching television.\(^10\)
- The Canadian Sedentary Behaviour Guidelines for Children and Youth recommend that children get no more than 2 hours of daily screen time each day.\(^11\)

Diabetes

- Manitoba has one of the highest rates of Type 2 diabetes in children in the world and the number of children in Manitoba with Type 2 diabetes is 12 times higher than any other province in Canada.\(^12\)
- A diagnosis of Type 2 diabetes before age 20 dramatically increases the risk for debilitating complications including kidney disease, blindness, and amputations.\(^13\)
- In Manitoba, Metis prevalence of diabetes is 34% higher compared to all other Manitobans (11.8% versus 8.8%).\(^14\)

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With cars, sometimes we get overweight because we do not get exercise, especially with diabetes we need to walk.”

~Dakota Sioux Elder Eva McKay

“With cars, sometimes we get overweight because we do not get exercise, especially with diabetes we need to walk.”

~Dakota Sioux Elder Eva McKay

- “In Manitoba, people with diabetes have health care costs more than four times greater compared to people without diabetes even after controlling for age, sex, and hypertension and other comorbidities.”

**Oral health**

- First Nations children in Manitoba experience four times higher rates of tooth decay than non-Aboriginal children.
- In Eeyou Istchee, 1 child in 3 aged 1 to 2 years has tooth decay. This is 8 times more than in other regions of Quebec.
- 9 out of 10 Cree children between the ages of 4 and 12 have tooth decay.
- While tooth decay has decreased by 39% among children from 7 to 8 years old in Quebec, it has increased by 3% among children of the same age in Eeyou Istchee.


3.3 Facts about sugary drinks

- **Sugary drinks** contain few essential nutrients (vitamins and minerals), although vitamin C is added to these drinks.
- Children who drink one glass of 100% pure fruit juice per day fulfill their need for vitamin C.

Children and adults should limit sugar consumption to 10% of the total energy they consume in a day. This represents:

<table>
<thead>
<tr>
<th>Category of Person</th>
<th>Number of teaspoons of sugar that represents 10% of total daily energy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children between 8 and 10 years old</td>
<td>6</td>
</tr>
<tr>
<td>Sedentary teen</td>
<td>12</td>
</tr>
<tr>
<td>Active teen</td>
<td>18</td>
</tr>
<tr>
<td>Sedentary adult</td>
<td>11</td>
</tr>
</tbody>
</table>

- **Sugary drinks** contain a lot of sugar, on average 6 to 12 teaspoons. The amount depends on the size of the can or bottle.
- Children can quickly reach the maximum amount of recommended sugar!
- After drinking sugary beverages, the body only feels satisfied for a very short time.
- Unlike food, sugary drinks do not appease children’s hunger so that they can wait for the next meal. This contributes to the overconsumption of calories and, thus, to excess weight gain.
- The overconsumption of sugary drinks tends to decrease consumption of important drinks such as:
  - milk, which help to build and maintain strong teeth and bones; and
  - water, which is essential to the proper function of the body.
Oral health
- Children need healthy teeth and gums to properly chew and taste the food they eat every day.
- The sugar in food and drinks feeds the bacteria responsible for tooth decay.
- Certain bacteria change sugar into acid. This attacks tooth enamel. It contributes to the formation of tooth decay.
- Children need to have good oral hygiene to get rid of bacteria and food debris in the mouth.
- Soft drinks, fruit juices, and sports drinks (such as Gatorade) or energy drinks (such as Red Bull) also contain acid (phosphoric, citric, etc.). There is enough to attack tooth enamel and cause tooth erosion.
- If you are dehydrated, you have less saliva in your mouth. Yet, saliva protects and cleans your mouth by diluting sugar and acid levels. Drinking sugary beverages when you are thirsty is more harmful than doing so during a meal.
- Drinking water is the best way to quench thirst!
- When you consume sweet food or a sugary drink, the acid produced stays in your mouth for about half an hour.
- If one sips a sugary drink all day long, one’s tooth enamel is in permanent contact with acid.
- Thus, the teeth are constantly being attacked and demineralized. This can lead to the erosion of tooth enamel and to cavities.

Things to teach your students
✓ Try not to consume too many sugary foods and drinks.
✓ Choose snacks that are “healthy” for teeth, such as cheese, vegetables, nuts, and fruit.
✓ To quench thirst, drink water or milk.
✓ Avoid sipping sugary drinks over a long period of time.
✓ Use a straw to limit the contact between sugary drinks and your teeth.
✓ After consuming sweet food or sugary drinks, it is best to brush your teeth right away!
✓ If you are not planning to brush your teeth, rinse your mouth with water to reduce the amount of sugar and acid in your mouth.
✓ Brush your teeth regularly after meals with fluoride toothpaste.
✓ Use dental floss to remove dental plaque.
✓ Visit the dental clinic regularly (twice a year) to be examined and to have your teeth cleaned.
3.4 Facts about juice and “liquid candy”

- Both fruit and fruit juice that is 100% “pure” or “without added sugar” supply:
  - vitamins;
  - minerals; and
  - fructose (a naturally occurring sugar found in all fruit).
- One half-cup (125 ml or 4 oz) of 100% pure juice contains as much sugar as the average fruit (equal to about 3 teaspoons of sugar).
- For example, if a child drinks 2 glasses (500 ml or 16 oz) of 100% pure fruit juice at meals, s/he is consuming about 12 teaspoons of sugar (or the equivalent of 4 average fruits).

How much juice is healthy?
- One glass (250 ml or 8 oz) of 100% pure fruit juice is enough to meet a child’s daily vitamin C needs.
- Eating fruit satisfies a child’s hunger for longer than drinking a glass of juice does.
- It is recommended to eat fruit instead.
- Limit the consumption of 100% pure fruit juice to 1 glass per day (250 ml or 8 oz).
- Any excess juice drunk generally takes the place of milk, water, and food.

Liquid candy
- Punches or fruit juice cocktails (Tang, Kool-Aid, Tropicana Twister, Sunny Delight, etc.) provide few nutrients (except for vitamin C).
- These drinks often contain only:
  - water;
  - sugar;
  - food colouring;
  - artificial flavours; and
  - more or less 10% of real juice.
- These drinks are the equivalent of “liquid candy.” They are not recommended.
- If you see any of the following words, it is liquid candy:
  - “beverage;”
  - “drink;”
  - “cocktail;” or
  - “punch.”
• To identify fruit juices, look for the words **100% fruit juice or 100% pure fruit juice** on the label. You can also consult the list of ingredients on the label. If sugar, sucrose, glucose, or fructose is among the ingredients, a drink contains added sugar.

### 3.5 Facts about water

- Drinking water is the best way to quench your thirst.
- It is calorie-free.
- Drink more water when:
  - it is hot; and/or
  - when doing physical activities.
- The body is made up of 70% water.
- Water plays a very important role:
  - It lubricates joints.
  - It forms the basis of body fluids (blood, saliva, etc.).
  - It maintains body temperature.
- Lack of water, known as dehydration, can lead to:
  - headaches;
  - fatigue; and
  - poor concentration.
- Water is the source of life!
- First Nations have many traditional teachings about the importance of water.
- What are some of the water teachings in your First Nation community?

> “**Water is the most life sustaining gift on Mother Earth and is the interconnection among all living beings. Water sustains us, flows between us, within us, and replenishes us. Water is the blood of Mother Earth and, as such, cleanses not only herself, but all living things. Water comes in many forms and all are needed for the health of Mother Earth and for our health. The sacred water element teaches us that we can have great strength to transform even the tallest mountain while being soft, pliable, and flexible. Water gives us the spiritual teaching that we too flow into the Great Ocean at the end of our life journey. Water shapes the land and gives us the great gifts of the rivers, lakes, ice, and oceans. Water is the home of many living things that contribute to the health and well-being of everything not in the water.**”

~ The Assembly of First Nations

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3.6 Facts about milk

**Calcium and vitamin D** are important for building bone mass during childhood and adolescence. Milk products are one popular source of calcium, but there is also calcium in many other foods such as leafy green vegetables and legumes.

The following table outlines some of the healthy and unhealthy choices when it comes to dairy products that you can drink:

<table>
<thead>
<tr>
<th>Healthy Choices</th>
<th>Unhealthy Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Milk</td>
<td>• <strong>Brand name milk shakes</strong> contain a lot of added sugar (12 to 15 teaspoons).</td>
</tr>
<tr>
<td>• Powdered milk</td>
<td>• They do not replace milk.</td>
</tr>
<tr>
<td>• Chocolate milk</td>
<td>• Examples include:</td>
</tr>
<tr>
<td>• Yop</td>
<td>o NesquickMD</td>
</tr>
<tr>
<td></td>
<td>o RoloMD</td>
</tr>
<tr>
<td></td>
<td>o Coffee Crisp</td>
</tr>
<tr>
<td></td>
<td>o MD milk shakes</td>
</tr>
<tr>
<td></td>
<td>• Coffee whiteners (like Coffee MateMD) do not contain milk. They are mainly composed of fat and sugar.</td>
</tr>
</tbody>
</table>

3.6.1 What about lactose intolerance?

- Some people are **lactose intolerant**.
- For these persons, drinking milk or eating milk products leads to intestinal problems such as:
  - flatulence;
  - diarrhea;
  - bloating; and
  - cramps.
- Lactose tolerance varies from person to person.
- Most lactose intolerant people can eat or drink small quantities of dairy products at a time:
  - ½ cup of milk;
  - ½ cup of yogurt; or
  - about 30 grams of cheese.
- They can also drink lactose-free milk (Lactaid MD) or a soy beverage enriched with enough calcium and vitamin D.
- Dairy products are not a traditional food for First Nations people. Many First Nations people feel healthier when they choose not to exclude dairy from their diets.
- It may be helpful to teach your students about non-dairy foods that contain calcium.
3.7 The trouble with caffeinated drinks

- “Cola” style soft drinks contain caffeine (equal to about 1/3 cup of filtered coffee per 335 ml can)\textsuperscript{24}.
- Energy drinks have the same amount of caffeine as 1 cup (250 ml or 8 oz) of filtered coffee per can.
- Examples include:
  - Red Bull
  - Full Throttle
  - SoBe
  - Adrenaline Rush
  - Red Rain
  - Hype
  - Etc.
- Health Canada does not recommend caffeinated drinks for children under 12 years of age.

3.7.1 What if children use caffeine?

- The body becomes used to caffeine.
- Suddenly cutting out caffeinated drinks after regular use can result in headaches and fatigue.
- Children may be:
  - in a bad mood;
  - impatient; and
  - have trouble concentrating.
- Some children may experience insomnia.
- Encourage children to stop consuming caffeinated drinks gradually.
- Caffeine has a diuretic effect. It speeds up dehydration. Thus, caffeinated drinks produce the opposite effect of water.
- Caffeine takes minerals out of your bones and teeth.
- It weakens bones and teeth.

\textsuperscript{24} Health Canada

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For more information on energy drinks, see:

- Eat Right Ontario. Energy Drink FAQs. Link: http://www.eatrightontario.ca/en/Articles/Caffeine/Energy-Drinks-FAQs.aspx#.Uw0OJ7uYZ0s
3.8 Protecting Mother Earth!

Containers, such as unrecycled cans and bottles, increase the amount of waste in the natural environment. They contribute to its deterioration.

- It takes:* 
  - 4000 years for glass to decompose
  - 400 years for plastic to decompose
  - 200 years for aluminum cans to decompose
- If you use one bottle of water each day, you are using 365 plastic containers per year. This is a considerable amount of waste.
  **Learning:** Do the calculation for a family!
- Recommendations:
  - Use reusable containers to limit the amount of waste you add to the earth.
  - Drink water from a tap whenever possible. Most communities control and test it regularly.
  - Use some of the lessons in the teacher’s guide to help your students learn more about the impact that their drinking habits may have on the environment.

**Important!**
Some First Nations do not always have safe drinking water. Check with your local Band council if you are unsure about your community’s water supply before recommending tap water to your students.

For more information on the quality of the water in your community visit: [www.envcree.ca](http://www.envcree.ca).
3.8.1 Recycling tips for the classroom

- Wash and re-use the following to store school supplies in your classroom:
  - plastic yogurt containers;
  - glass jars; and
  - empty water bottles.
- Re-use cardboard packaging and other paper in craft projects.
- Ask your Band Council about how your class can collect empty pop cans to raise funds for a school activity.
- Make your own shopping bag from recycled clothes.
- Make recycling and conservation a theme for your school science fair.

Need more ideas?
There are lesson plans about using “waste” products for classroom activities (kindergarten to grade 8) in the following PDF document. It is shared on the website from the Government of the Northwest Territories:
http://www.enr.gov.nt.ca/_live/documents/content/GradesK_8_activities.pdf
4. Appendices: Forms for the Challenge

This section includes the following appendices:
- Appendix 1: Drop the Pop Information Letter
- Appendix 2: Information and Consent for Guardians
- Appendix 3: Drop the Pop Score Sheet
- Appendix 4: Entries for Drop the Pop Prizes
- Appendix 5: Evaluating the Drop the Pop Challenge

_Beware of the Sugary Drinks!_
Drop the Pop Permission Letter

Date:

Dear parents/guardians:

We are pleased to announce that students at our school are taking part in the Drop the Pop Challenge from ___________________________ (dates of challenge).

During these five days, encourage your children to choose healthy drinks as much as possible. These include water and milk.

We will be asking your child to not to drink any “sugary beverages.” These include:

- soft drinks such as Pepsi, Diet Coke, 7-Up, Root Beer, etc.;
- sports drinks, such as Gatorade and Powerade;
- energy drinks, such as Red Bull and Full Throttle;
- powdered drinks, such as Tang and Kool-Aid;
- sweetened milk products; and
- fruit drinks, beverages, punches, and cocktails.

If your child usually drinks more than one soft drink each day, s/he may need:

- more rest; and
- extra patience and understanding from you to achieve his or her goal.

Growing children do not need sugary drinks. Unfortunately, sugary beverages often replace healthy drinks, such water and milk. These drinks help them grow up healthy and build strong teeth and bones.

Our school is providing milk for the children all week.

If you consent to your child as being a part of this challenge, s/he will be entered into a draw to win a cash prize to encourage healthy living. The Kidney Foundation of Canada provides prizes as an incentive for children to “drop the pop.” The school will take photographs of the winners to share our student’s successes with The Kidney Foundation of Canada.

We are encouraging children to “drop the pop” so that they can avoid health problems such as obesity, diabetes, and kidney disease. Thank you for helping and encouraging your child during Drop the Pop Week!

Sincerely,

Name of challenge administrator
On behalf of School Name and
the Manitoba Branch of The Kidney Foundation of Canada
Information and Consent for Guardians: Drop the Pop

From ________________(dates of challenge), your child will learn more about making healthy choices. Ask your child what they have learned in school. Try to support them to have healthy choices at home by providing access to milk and water as much as possible. If you want to serve a sweet drink, make sure it is 100% fruit juice, or perhaps try adding drops of lemon juice to your child’s water for something different.

For growing children, it is recommended that they drink:
- water as desired
- 2 glasses of milk per day (500 ml or 16 ounces)
- only 1 glass of 100% pure fruit juice per day (250 ml or 8 ounces)

The following are not 100% pure fruit juices:
- powdered drinks, such as Kool-Aid and Tang;
- fruit punches, and
- other sweetened drinks such as Sunny Delight and Fruité.

Health Canada does not recommend caffeinated beverages for children under 12 years of age. Most soft drinks and “energy” drinks contain caffeine. This is not good for children. It can:
- negatively affect their concentration at school; and
- have a harmful effect on the health of their bones and teeth.

Please send this part of the form to school with your child by ____________(date) so that we can enter him or her into the draw for prizes from the Drop the Pop Challenge.

I, ____________________________(name of parent), agree that my child ____________________________ (name of child), may be entered to win prizes from the Kidney Foundation of Canada for their participation in the Drop the Pop Challenge at __________________ (school name).

I also consent to letting my child have his or her photograph taken with his/her prize for sharing with the Kidney Foundation of Canada. This photograph will be used to help demonstrate the success of the Drop the Pop Challenge in Garden Hill First Nation.

________________________________________  ____________________________
Signature                                          Date

List names of any other children in kindergarten to grade six below:
________________________________________
________________________________________
________________________________________

Appendix 2: Drop the Pop Consent Form
# Drop the Pop Score Sheet

**Teachers:** Put a check mark (v) for each day during which the student did not drink any *sugary beverages*.

<table>
<thead>
<tr>
<th>Student</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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</thead>
<tbody>
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</table>

Teacher: ___________________________  Grade: ___________________________

School Name: ___________________________  Community: ___________________________
Entries for Drop the Pop Prizes

Teachers:

1. Record the names of students taking part in the challenge so that they can enter the draw.  
   **Note:** The Kidney Foundation suggests only entering children who give up sugary drinks for at least three out of five days.

2. At the end of the challenge, submit this sheet to the person organizing the challenge in your school.

<table>
<thead>
<tr>
<th>Name:</th>
<th>Name:</th>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class:</td>
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Appendix 4: Entries for Drop the Pop Prizes
Dear teachers:
We appreciate your feedback on the Drop the Pop Challenge. This helps us ensure that future activities meet your needs and expectations.

Please return your completed evaluation form to:
- the person in charge of the challenge for your school;
- The Kidney Foundation’s fax at (204) 989-0815; or by
- Email: melaniekidneyfoundation@yahoo.com.

1 How do you rate the following aspects of the challenge?

<table>
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<tr>
<th>Content</th>
<th>1</th>
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<tbody>
<tr>
<td>How do you rate the content of the teachers’ guidebook?</td>
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<td>Did you do educational activities focused on nutrition? Yes ☐ No ☐</td>
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<td>If yes, how do you rate them?</td>
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<td>Did you do educational activities focused on oral health? Yes ☐ No ☐</td>
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<td>If yes, how do you rate them?</td>
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<td>Did you do activities focused on environment? Yes ☐ No ☐</td>
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<td>If yes, how do you rate them?</td>
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<td>Organization and materials</td>
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<td><strong>Duration of the challenge (5 days)</strong></td>
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<td><strong>Timing of the challenge (March)</strong></td>
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<td><strong>Distribution of the activities according to grades</strong></td>
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<td><strong>The structure and design of the teacher’s guide</strong></td>
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<td><strong>Types of prizes</strong></td>
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<tr>
<td><strong>Overall, how do you rate Drop the Pop Challenge?</strong></td>
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2. Which educational activities did you do in your class? Please write the names of the lessons below:

3. Are you interested in taking part in the *Drop the Pop Challenge* in 2015?  
   □ Yes    □ No  Please explain: ________________________________________________________
   ________________________________________________________
   ________________________________________________________

4. How can we improve this *challenge*?
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________

   **Miigwetch/thank you for taking part!**
The Kidney Foundation of Canada – Manitoba Branch
1-452 Dovercourt Drive, Winnipeg, Manitoba, R3Y 1G4

Phone: 204.989.0800
Toll-free: 1.800.729.7176
Email: info@kidney.mb.ca
Website: www.kidney.ca/manitoba

Kidney health,
and improved lives for all people affected by kidney disease