**Why We Choose Better Beverages!** Despite numerous alternatives, sugary drinks are everywhere. At parties, youth sporting events, and even at school. With 1 in 3 Maryland children overweight or obese and children as young as 10 developing diabetes, reducing sugary drink consumption is an easy and immediate step we can take to reduce the intake of empty calories and improve the health of our kids and our community. Maryland residents are concerned about how these sugary drinks are affecting children— the empty calories, how they affect sleep and attention spans, cause cavities, and increase the potential for obesity and life-threatening diseases. *Sugar Free Kids* wants to make it easier for parents to do the right thing, to make better beverage choices and keep their kids healthy. **But we can’t do it alone. We need your help.** We want to hear from you about what’s working for your family to help kids make better drink choices. Remember, you are the experts and can help us keep Maryland’s children healthy. Visit SugarFreeKidsMD.org for more information.