



Places That Serve Children and Youth

Tips for Childcare, Schools, Recreation Centers

Create a Healthier Beverage Environment

- ◆ Assess where, how, and what drinks are available to young people. This assessment form helps you know what to look for.
- ◆ Develop a healthier beverage policy that provides guidelines or requirements about the types of beverages that can be served or sold onsite. For suggestions on the process of writing a policy, click here.
- ◆ Serve healthier beverages to children and youth at all times, during meetings, events, and programming.
- ◆ Make sure your water fountains are working. Think about installing a hydration station where kids can refill and go!
- ◆ Be a positive role model by drinking only healthier beverages in front of children and youth.
- ◆ Require vending machine operators to provide only healthier beverages.

Engage Children and Families

Children:

- ◆ Make healthier beverages fun by making infused water and doing taste tests, choosing a H2O helper for the day, charting healthier beverage consumption, and planning challenges (e.g., Sugar-Free Weeks).
- ◆ Teach a lesson to help kids learn about sugary drinks and healthier options. Incorporate fun activities, trivia, sugar shock games, and more!
- ◆ Sponsor a ReThink Your Drink, Every Sip Counts! poster contest.
- ◆ Share information with staff, visitors, and parents/caregivers about the negative effects of sugary drinks and recent changes that have been made at your organization to promote healthier options.

Families:

- ◆ Display posters where parents/caregivers and visitors can see them.
- ◆ Provide families with a list of recommended, healthier beverages.
- ◆ Encourage families to go sugar-free for a week.
- ◆ Include healthier beverage tips and messages in everyday activities, in newsletters/letters home, and online communications.

For more information visit
www.iHeartWaterNC.com

