



Sample Water Policy For Organizations

Water First For Thirst

Interest in healthy eating, drink and physical activity lifestyles have increased in popularity among many in the community and workforce. Armed with the knowledge that adopting healthy behaviors can reduce the likelihood of developing chronic diseases, such as heart disease, cancer, diabetes, and obesity, and increased water consumption plays a vital role in preventing chronic disease, **(Name of Organization)** is proud to announce that we are adopting a *Water First For Thirst* organizational policy.

Considering the benefits of water:

- Water pitchers are inexpensive and environmentally friendly
- Water is a zero-calorie drink
- Water helps to hydrate
- Fluoridated water can help prevent tooth cavities and decay
- Water protects joints and ligaments
- Water decreases heart problems
- Water regulates body temperature

The organization will:

- Incorporate positive messages in the facility regarding water consumption
- Offer water as a beverage option and omit sugar-sweetened beverages (regular soda, sweet tea, other drinks with sugar)
- Water and cups will be available in places where it is easily accessible
- Clean and sanitize water pitchers, and drinking any reusable cups to prevent the spread of diseases
- Educate staff, clients, and families about the importance of water (flyers, signs, etc.)
- Communicate this policy to staff, members and families through the use of letters, posting in newsletter, on organization website, or in other type of communication

Effective ___/___/___, all the activities and events (meetings, conferences, training, waiting room, etc.) sponsored or supported by this organization will always offer water.

Signature _____ Title _____ Date _____

