

STRATEGY 2: Limit or Eliminate Sugary Drinks; Provide Water

how to implement

What's the best way to help kids avoid sugary drinks? Not providing them! Here are some tips to reduce access to sugary drinks at school.

- **Bolded items** mean there is a supporting handout in this section!

SUGARY DRINKS

include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Ask students and families to limit sugary drinks brought in from home:

- Send home the **Limit Sugary Drinks Sent in from Home – Letter to Families**.
- Set a water-only guideline or policy for the classroom.

Promote drinking water at your school:

- Provide or allow water bottles.
- Ensure water fountains are in good, working order.
- Replace sugary drinks in vending machines with water.
- Post the **Let's Go! Water Posters** (see the back pocket of your toolkit for ready-to-post copies!).

Involve kids in activities to promote healthy drinks:

- **Make Your Own Sugar Bottle Display**.
- Use the **Have a Drink Plan Goal Setting Worksheet**.
- Do one of the activities on the **Make Water Fun** handout.
- **Make Fun, Flavored Water**.
- **Role Model Drinking Healthy Beverages**.

Learn about the benefits of less sugary drinks and share this knowledge with families using these handouts:

- **Limit or Eliminate Sugary Drinks; Provide Water**.
- **Water is Fuel for Your Body**
- **Sports and Energy Drinks**
- **How Much Sugar Do You Drink**

Set a policy that limits or eliminates sugary drinks.

- Refer to the **Let's Go! Recognition Program** packet in the 'Step 5: Celebrate' Tab for help with this.