

Letter to Families

LIMIT SUGARY DRINKS SENT IN FROM HOME

Dear Families,

As part of our efforts towards health and wellness, we encourage you to limit sugary drinks sent in with your child each day. We want your children to be the healthiest they can be!

Here are some tips to limit sugary drinks and make water more appealing:

- **Flavor your child's water with fresh squeezed fruit.** Try traditional lemon, lime, or orange wedges or experiment with things like melon, berries, and kiwi.
- **Make water more fun** with crazy straws and unique drinking containers or by serving flavored, unsweetened seltzer water.
- **Serve whole fruit instead of juice.** If you do provide juice, choose only 100% juice and limit to only 4-6 ounces per day for children 1 to 6 years old.

Our efforts are supported by *Let's Go!*, a program at The Barbara Bush Children's Hospital at Maine Medical Center. *Let's Go!* works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Let's Go!* encourages families to adopt the 5-2-1-0 message:

Water is
the **best**
thirst
quencher

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

For more information about *Let's Go!*, visit www.letsgo.org. Thank you for joining us in our commitment to healthy kids!

Sincerely,

