

# DRINKING HEALTHY BEVERAGES

**Send a healthy message to kids by ditching sugary drinks and drinking water!**

**Kids are watching what you say and do!**

**Take action and be a healthy role model by doing the following things:**

- Only drink water.
- Put any beverage that isn't water in a logo-free, opaque container.  
**TIP:** This also helps avoid any unintended advertising to kids!
- Stock the teachers' lounge with bottled water. Try both plain and sparkling!
- Encourage kids to drink water when they are thirsty. At transitions, line up next to a water fountain to give them an opportunity to grab a quick drink!

