

## STRATEGY 2: Limit or Eliminate Sugary Drinks; Provide Water

# how to implement

Out with the sugary drinks and in with fresh, cool, hydrating water! Here are some ways you can limit sugary drinks and provide water instead.

- **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.

### Limit or eliminate sugary drinks:

- Do not provide sugary drinks.
- 100% fruit juice to no more than one 4-6 oz. serving per day or do not serve at all.

### Promote drinking water at your program:

- Hold water breaks throughout the program day.
- **Set up a self-serve water station.**
- Post the **Let's Go! Water Posters** (see the front pocket of your toolkit for ready-to-post copies!).
- **Make water more appealing.**

### Ask families to limit sugary drinks sent in from home:

- Send home the **Limit Sugary Drinks Sent in from Home – Letter to Families.**

### Role model drinking healthy beverages:

- Only drink water.
- Put any beverage that isn't water in an unmarked opaque container.

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

- **Limit or eliminate sugary drinks; provide water.**
- **What Should Young Children Drink?**
- **Water is Fuel for Your Body**
- **Is Juice a Healthy Choice or An Occasional Treat?**
- **Make Your Own Sugar Bottle Display**

### Set a program 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.