

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 Guide to Success packet in Step 2 Tab for help with this.

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LET'S GO!

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