

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

# how to implement

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

**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 kids 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.

### Promote drinking water at your program:

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

### 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** as a group.

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

- **“0” Sugary Drinks...Drink Water!**
- **Water is Fuel for Your Body**
- **Sports and Energy Drinks**
- **How Much Sugar Do You Drink?**
- **What's the Deal with Added Sugar?**

### Set a policy that limits or eliminates sugary drinks.

- Refer to the **Let's Go! Guide to Success** in Step 2 Tab for help with this.

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**LET'S GO!**

**5-2-1-0**