

STRATEGY 2: Limit or Eliminate Sugary Drinks; Provide Water

how to implement

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

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 students 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 for the classroom.

Promote drinking water at your school:

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

Involve students in activities to promote healthy drinks:

- **Make Your Own Sugar Bottle Display**.
- Use the **Have a Drink Plan Goal Setting Worksheet**.
- **Make Fun, Flavored Water**.
- **Role Model Drinking Healthy Beverages**.

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

- **Zero Sugary Drinks... Drink Water!**
- **Water is Fuel for Your Body**
- **Sports and Energy Drinks**
- **How Much Sugar Do You Drink**

Set a policy that limits or eliminates sugary drinks.

- Refer to the **Guide for Success** packet in the 'Step 2' tab for help with this.