

# LIMIT SUGARY DRINKS SENT IN FROM HOME

Dear Families,

As part of our efforts towards supporting healthy, ready-to-learn students, we encourage students and families to limit sugary drinks brought in from home. Water is the best thirst quencher. We want your kids to be the healthiest they can be!

Here are some tips to limit sugary drinks and make water more appealing:

- **Flavor water with fresh squeezed fruit.** Try traditional lemon, lime, or orange wedges or experiment with things like melon, berries, and kiwi.
- **Try flavored, unsweetened seltzer water.** It's fizzy and tastes good so is a great substitute for soda.
- **Choose whole fruit instead of juice.** If you do provide juice, choose only 100% juice and keep the servings small.
  - No more than 4-6 ounces per day for children age 6 years and younger.
  - No more than 8-12 ounces per day for children age 7 years and older.

Our efforts are supported by Let's Go!, a program of The Barbara Bush Children's Hospital at Maine Medical Center. Let's Go! works where children and families live, learn, work, and play to help make the healthy choice the easy choice. Let's Go! encourages families to adopt the 5-2-1-0 message:

**5** or more **FRUITS & VEGETABLES**

**2** hours or less of **RECREATIONAL SCREEN TIME**

**1** hour or more of **PHYSICAL ACTIVITY**

**0** sugary drinks, **MORE WATER**

For more information about Let's Go!, visit [www.lets-go.org](http://www.lets-go.org). Thank you for joining us in our commitment to healthy kids!

Sincerely,

Water is the **best** thirst quencher