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.