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 allowing 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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