

Letter to Families

LIMIT SUGARY DRINKS SENT IN FROM HOME

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the **best**
thirst
quencher

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 recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

For more information about *Let's Go!*, visit www.letsgo.org. Thank you for joining us in our commitment to healthy kids!

Sincerely,

