STRATEGY 2: Limit or Eliminate Sugary Drinks; Provide Water

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.

SUGARY DRINKS
include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Bolded items mean there is a supporting handout in this section!

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.