



Drink 0 sugary drinks.

Water is cool. It is good for every body, every day.



Start with setting certain days for just water or lowfat milk at meals.
Then gradually add to the number of days per week you do this.



Buy a fun reusable water bottle for your child to take to school, camp, everywhere!
Let your child pick one out that s/he likes and will want to use.



Always offer water or lowfat milk with meals and snacks.
These are both good choices for your child to decide between.



Be a healthy drinks role model for your child.
Your child follows your lead, so try to pick water and non-sugary drinks for yourself too!



Make water fun.
Add color and texture to a pitcher or glass of water with straws, ice, lemon or orange slices.



Talk with your child about the choices s/he makes while at school and afterschool.
Find out what drinks are available at school, in the cafeteria and in vending machines.