

Health Fits into Every DAY

It's important for your kids to drink at least **60 ounces** of **water** every day

Water is the **healthiest** choice for your kids.

Replace sugary drinks with **water!**



Encourage kids to drink water during the **ENTIRE** day, not just at meals.

Even mild dehydration can impact a student's ability to learn.



Drinking sugary drinks can hinder a student's ability to focus and lead to poor academic performance.



Tap water is safe, clean, and free!



Try to keep your house free of sugary beverages so your kids will drink water.



Healthy drinks, such as water and skim or 1% milk, are "**GO**" drinks. Always try to satisfy kids' thirst with "**GO**" drinks to limit sugar intake. Drink as much as you like!

Juices (even 100% fruit juice) are high in sugar. Limit to no more than 1 cup (4-8 oz.) per day. Just because a product has "water" in the title doesn't mean it is healthy—check the label on all "healthy" drinks for sugar.

SUGGESTIONS

Put bottles or pitchers of water in your fridge for quick access to a cold drink.



Encourage your kids to choose water or white milk with meals at home and dining out.



Blend/add **WHOLE** or **FROZEN** fruits to sparkling or regular water for variety.

Reusable water bottles keep kids hydrated all day long and help save the planet!



Add a school logo for a great fundraising idea!

Schools should make water an available and attractive choice by:

- Not selling sugary drinks in vending machines
- Ensuring water fountains are working well
- Providing cold tap water in lunch lines



CATCH

Consider adding gooseneck spouts to water fountains or hydration stations for easy water bottle filling.

Kids may resist at first, but be persistent!

Parents and Teachers! Make sure to **coach** your kids to drink **water** every day by setting a great example.

You are their best role model!



This information is brought to you by **CATCH**[®]
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