



# Water, water everywhere!

## Tips & Information

### Real-life challenges...

- We only get reimbursed for serving milk
- We don't have water fountains or coolers for easy access to water
- Kids don't like drinking water
- The drinking water isn't considered safe.

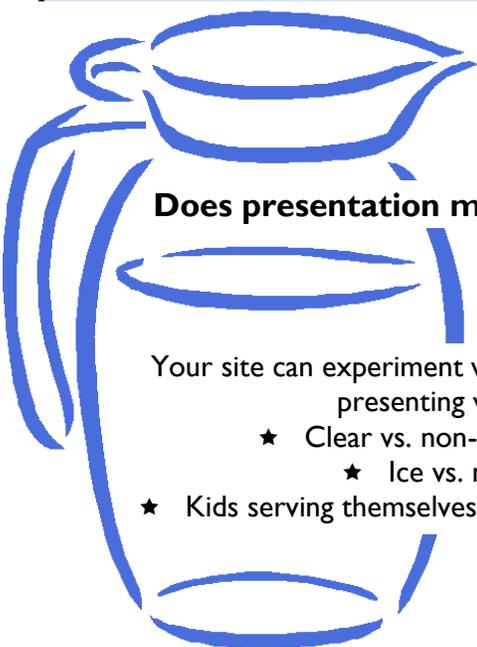
### ...and how to overcome them

- ⇒ Serve tap water too—it's free!
- ⇒ Keep a water pitcher & cups out at child level throughout the day. Take a cooler or jug with you when you go to a park or playground.
- ⇒ Make presentation appealing—use a clear pitcher & try the new ways listed below!
- ⇒ Have tap water tested first. If it is truly unsafe, then look into getting a water cooler or an alternate source.



### New ways to try water:

- Flavor the water with added fruit - good choices include frozen berries, lemon, lime or orange slices to cool things off — and feel free to mix multiple fruits together!
- Experiment with adding frozen fruit juice ice cubes to water.
- Make "sun tea" – put some tea bags (kids might especially like herbal kinds like mint) in a pitcher and set it in the sun to steep until the water takes on a tea color — the darker the water, the stronger the tea. Add ice when you're ready to serve. You can also make a quick version by pouring hot water over tea bags and then adding lots of ice.
- Serve herbal tea (like mint and chamomile) hot. It is a great way to warm up in the winter.
- Serve juice spritzers (juice and seltzer water) — use no more than 4 oz of juice per serving.
- Have each kid invent his or her own "brand" of water—let them design their labels, make their "secret recipes" and invent names.



### Does presentation matter?

Your site can experiment with different ways of presenting water:

- ★ Clear vs. non-clear pitcher
- ★ Ice vs. no-ice
- ★ Kids serving themselves vs. pre-poured cups

### Suggestions to help everyone drink more water:

One afterschool program let each kid decorate his or her own cup. Not only did the program spend less money on disposable cups, but the kids looked forward to drinking out of their self-made artwork! You could do the same thing with plastic water bottles. (Look for ones labeled BPA-free.)



## Did you know?

### What to drink? **WATER!**

Water is calorie-free and cheap!

Water keeps kids hydrated best. Sports drinks are good only for really intense activities lasting over an hour. For example, a day at sports camp or a hike in the mountains would be a time that kids might have a sports drink.

Make sure that kids can get water throughout the day and during every period of physical activity. Our bodies are the best judge of how much water we need. Teach kids to take a drink whenever they are thirsty.



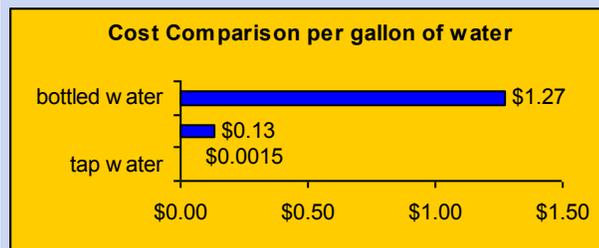
Most tap water is fluoridated, which means that it helps teeth stay strong and protects against cavities!

### Did you know?

- ★ 85% of a child's body weight is water.
- ★ The human brain is 75% water; a living tree is also 75% water.
- ★ There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank!
- ★ Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.
- ★ Although the average person can live for about one month without food, we can only survive about a week without water.

### What about bottled water?

In the U.S. drinking bottled water costs:



### Want to know more? Check out these other resources.

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools.

<http://www.csipnet.org>

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks>

This site has links to a variety of lessons and educational materials, both about drinking water and water as a resource — great if you're looking for a chance to integrate some science lessons into your program.

<http://www.nesc.wvu.edu/educators.cfm>

The Environmental Protection Agency's annual water quality reports provides information on water safety in every state, including information on fluoridation.

<http://www.epa.gov/safewater/ccr/whereyoulive.html>