



Limit Sugary Drinks

Greetings Families and Caregivers!

We are committed to supporting a healthy environment where making the healthy choice is the easy choice. We ask you to limit sugary drinks, including juice, brought in from home. We want your children to be the healthiest they can be!

Looking for ideas to add flavor to plain water?

- Add fruit or vegetables such as lemon, orange or berries, cucumbers, or herbs such as mint or rosemary
- Try flavored, unsweetened seltzer water

We partner with Let's Go!, an obesity prevention initiative for children and adults that focuses on healthy eating and active living. Let's Go! works with community partners to display healthy messaging and create environments that support healthy choices where people live, learn, work, and play.

For more information on how Let's Go! can support families, visit LetsGo.org/families. Thank you for supporting our commitment to creating a healthy environment!