Water, Water Everywhere!

Real-Life Challenges... And how to overcome them

We only get reimbursed for serving milk.

Serve tap water too—it's free!

We don't have water fountains or coolers for easy access to water.

Keep a water pitcher and cups out at child level throughout the day. Take a cooler or jug with you when you go to a park or playground.

Kids don't like drinking water.

Make presentation appealing—use a clear pitcher and try the new ways listed below!

The drinking water isn't considered safe.

Have tap water tested first. For the freshest water, let the tap run till it's cold. If it is unsafe, look into getting a water cooler or an alternate

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!

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 or chamomile) hot. It is a great way to warm up in the winter.

Experiment with adding frozen fruit juice ice cubes to water

Serve juice spritzers (juice and seltzer water)—use no more than 4 ounces 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.

Check out this real-life success story!

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?

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 temperatures 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.

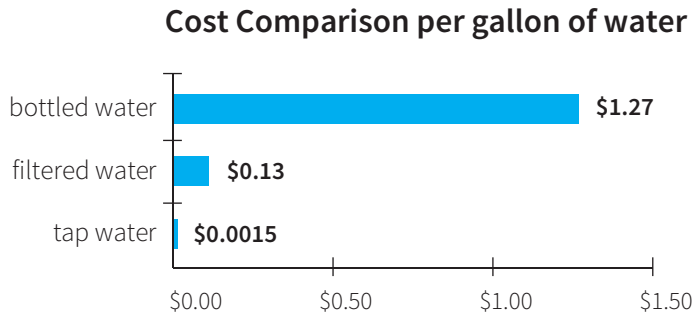
What to drink? WATER!

Water is calorie-free and cheap!

Water keeps hids 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 flouridated, which means that it helps teeth stay strong and protects against cavities!



What about bottled water?

In the U.S. drinking bottled water costs, on average, 1,000 times more than drinking tap water.

Want to know more? Check out these other resources:

http://www.csipnet.org

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.hsph.harvard.ed/nutritionsource/healthy-drinks

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

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

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.epa.gov/safewater/ccr/whereyoulive.html

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

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