

# Drink More Water

July 2018

Look inside for...



- Fluid Facts for Kids
- Water First Fact Sheet
- 8 Infused Water Recipes to Upgrade Your H2O
- Be a Healthy Role Model for Children (English/Spanish)
- Recipe: Banana French Toast (English/Spanish)



For more information on  
how to lead a healthier  
lifestyle, visit our website  
[GetHealthyCT.org](http://GetHealthyCT.org)





## Fluid Facts for Kids

Although plain drinking water is a clear choice for proper hydration, it's not the only choice. The water in other beverages such as milk, juice, sports drinks and soft drinks—and even in foods, such as yogurt and ice cream and caffeinated beverages like coffee and tea—contribute to the body's water needs the same way plain water does.

Your children's daily water needs will vary depending on their age, gender, physical activity level, the temperature outside, and their health, including whether they have a temperature on a given day. Generally, healthy kids who aren't involved in rigorous physical activity or sports get enough water by drinking when they're thirsty and eating a balanced diet.

Check out the nutrition chart below for guidelines on adequate daily water intake for kids from beverages and foods. Then, tap into the tips below to help your kids drink up for good health.

- **Keep fluids flowing.** Offer smaller amounts of beverages throughout the day, rather than large amounts at one time. This keeps kids hydrated, but not so full from fluids that they're not hungry at mealtime. Be mindful of the types of beverages you choose. Beverages with added sugars and calories, but few other nutrients, should be occasional choices.
- **Make fluids fun.** For littler kids, serve beverages in colorful glasses and use crazy-shaped loopy straws.
- **Let kids pick their own water bottle.** They'll be more excited to carry beverages to school, sports and other activities. ***Tip:*** To keep beverages chilled, freeze half the fluid in the bottle overnight and then top off the bottle in the morning.
- **Use caution when it's hot outside, especially for active kids.** In high temperatures, kids don't sweat as much as adults do, so it's harder for them to cool off. This makes them more at risk for dehydration and heat exhaustion. When it's hot out and kids are playing sports—or even just actively playing—head off problems by making sure they drink fluids before, during and after activity. As a guideline, encourage at least 4 ounces of fluid every 15-20 minutes, or whenever there's a break or time-out. ***Tip:*** One ounce equals about one "gulp."
- **Use caution when it's cold, too.** Kids who play winter sports or play actively outside in cold, dry environments may sweat more too, especially when wearing lots of layers or protective gear. So, follow the same fluid guidelines as for hot weather.

- **Slip in watery foods.** Serve soups and juicy fruits and veggies like cherry tomatoes, cucumber slices, lettuce, watermelon, oranges, grapes, peaches and strawberries. Can also add lemon, lime or orange slices to water to flavor them naturally.

(Source: DRI Report, 2004)

### **Guidelines for Adequate Daily Water Intake for Kids**

The chart below shows approximately how much water kids of different ages and genders need daily for proper hydration. Water can come from beverages such as drinking water, milk and juice, and from foods. Physically active kids need more water, especially in higher temperatures.

<b>Age Group</b>	<b>Total Water (approx. cups)</b>	<b>Water from Beverages (approx. cups)</b>	<b>Water from Foods (approx. cups)</b>
<b>Children 1 - 3</b>	5 ½	4	1 ½
<b>Children 4 – 8</b>	7	5	2
<b>Girls 9 – 13</b>	9	7	2
<b>Boys 9 – 13</b>	10	8	2
<b>Girls 14 – 18</b>	10	8	2
<b>Boys 14 – 18</b>	14	11	3

Source:

[https://wicworks.fns.usda.gov/wicworks/Sharing\\_Center/WY/Hydration/Display\\_Elements/hydrationfluidfacts.pdf](https://wicworks.fns.usda.gov/wicworks/Sharing_Center/WY/Hydration/Display_Elements/hydrationfluidfacts.pdf)

# Water First

A Toolkit for Promoting  
Water Intake in  
Community Settings



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**Consuming water, a beverage with zero calories and no added sugar, is critical to the health and well-being of children and their families.**

When schools and community sites provide drinking water as an alternative to sugary drinks such as soda and sports drinks, they can help prevent obesity and dental caries and promote children's overall development.

Recently, there has been an increased focus on installing new appealing water sources such as reusable water bottle filling stations in community spaces. Simply installing these water sources, however, is not enough. In order to increase water intake, schools and community sites should also actively promote consumption of water from these new sources. Even in sites with older water sources, promoting water intake by displaying colorful signs or by providing cups can help boost water intake.

The following steps can help you to create a water promotion campaign at your site.



## BUILD YOUR TEAM

**Who** do you want to invite to help design your promotion campaign?

Ask community members, staff and representatives from your target audience to join your team. This will help ensure that your message resonates with your target audience.

## DEFINE YOUR MESSAGE

The next step is to decide **what** information about water you wish to convey.

Consider what currently prevents your site users from drinking water, and what messages will motivate them to drink more water. For example, you could highlight that water contains zero sugar or how tap water is inexpensive compared to sugary drinks.

## SPREAD YOUR MESSAGE

Now it's time to decide **how** to encourage water consumption.

For example, you can use signs and flyers, create a mural, teach lessons, or conduct a tap water taste test. The method you choose will depend on who can help with implementation, how much funding is available, and your program goals.



**FILL UP  
A CUP OR  
BOTTLE!**

Don't forget to provide cups next to water sources at your site. Cups allow site users to take more than just a few sips of water at a time.

Also encourage the use of reusable water bottles that can be filled at your site. If the budget allows, distribute free reusable water bottles to site users, or sell them as part of a healthy fundraiser.

For the complete Water First toolkit, please visit:

[waterinschools.org/  
water-first-toolkit](http://waterinschools.org/water-first-toolkit)

Photo by Daisy Acosta.



## Make a Splash by Promoting Water Intake

Simple promotion activities and initiatives can make a big difference in motivating site users to drink water. Below are a few examples of activities to promote water intake across different types of community sites. Pick a few strategies that seem achievable to implement right now. You can add to your efforts with more strategies later.

### STRATEGIES TO PROMOTE WATER INTAKE IN COMMUNITY SETTINGS\*

#### Child Care Facilities



**Water Breaks.** Incorporate regular water breaks into daily schedules. Encourage children and staff to fill up water bottles or visit the fountain to drink water.

**Read the “Potter the Otter” Book.** This illustrated story about an otter who loves to drink water was designed to educate parents, child care providers, and young children about how to make healthier beverage choices. Find the tale online at: [www.pottertheotter.com](http://www.pottertheotter.com).

**Sing Along to Andy Z’s “Drink More Water”.** This original song and accompanying music video encourages children to drink more water. Children can learn the moves and dance along! Watch the video online at: <http://bit.ly/1fZOKIL>.

#### Schools



**Water Week.** Dedicate a week to celebrate drinking water. Incorporate games, prizes, competitions, and lessons.

**Door Decorating Competition.** Have students or staff compete to decorate their classroom or office door with the most creative and compelling message about drinking water.

**Water Curriculum.** Incorporate lessons and activities about water and other beverages into school or afterschool activities.

#### Clinics



**Prescription for Water.** Provide patients with a “prescription” to drink more water. Patients can “fill” their prescriptions by filling up their water bottles at the site’s water sources.

**Activity Worksheets.** Fun and educational worksheets about water and sugary drinks can be made available in waiting rooms.

**Logo Design Competition.** Host a competition in which patients or employees create logos, posters or water bottle designs to promote water intake. Incorporate winning designs into the water promotion at your site.

#### Community Sites (e.g. libraries, family resource centers, museums)



**Water Contract.** Invite individuals or families to sign contracts pledging to drink more water and fewer sugary beverages.

**Small Giveaways.** Hand out inexpensive prizes such as pencils, stickers, magnets and temporary tattoos that feature messages about drinking water.

**Play “Share the Love, Share the Water Video” in Waiting Rooms or Common Spaces.** This short animated video available in English and Spanish describes the benefits of drinking water and provides families with tips to make drinking water the easy choice. Watch the video online at: [www.youtube.com/watch?v=ajjDoKIN7Lw](http://www.youtube.com/watch?v=ajjDoKIN7Lw).

#### Parks and Other Outdoor Sites



**Paint a Community Mural.** Create a mural next to your site’s water sources. Include images and messages to showcase why water is important to your community.

**Staff Training.** Educate staff about the benefits of drinking water so that they can serve as role models for site users.

**Dress Up Your Water Source.** Improve the appeal of your water sources with metal plaques or colorful decals pasted onto or directly behind the water source. Make sure decorations are water and vandal-proof.

\*Activities displayed above could be transferrable across different community sites.

## 8 Infused Water Recipes to Upgrade Your H2O

Infused waters can upgrade the flavor without any nutritional drawbacks. You just let fruit and herbs sit in water for a few hours and voila! A delicious, healthy alternative to water. To prove it, we've got 8 delicious fruit and herb combinations.

### Berry, Peach & Coconut

#### Ingredients:

- 1 cup organic blueberries
- 1 cup organic blackberries
- 2 doughnut peaches, pitted and cut into half-inch wedges
- 6 cups spring or filtered water
- 2 cups unsweetened organic coconut water
- 1 gallon clean glass jar with lid

**Directions:** 1. Place blueberries and blackberries into the bottom of your jar, then the peach slices on top.  
2. Pour the spring water and coconut water into the jar. Stir the water, cover with a lid and put water into the refrigerator for at least one hour or overnight for the best flavor. Drink within two days. Makes 64 ounces, *Recipe provided by [A Harmony Healing](#)*

### Kiwi Cocktail

#### Ingredients:

- 3-4 ripe kiwis, peeled and thinly sliced (or crushed for more flavor)
- 2 quarts filtered or spring water

#### Directions:

1. Add the sliced kiwis to a 64-ounce Mason jar or pitcher.
2. Add the filtered water.
3. Refrigerate until cold and enjoy.

*Recipe provided by [Define Bottle](#)*



### Mixed Melon Melody

#### Ingredients:

- 1 cup cantaloupe pieces
- 1 cup watermelon pieces
- 1 cup honeydew pieces
- 2 quarts filtered or spring water



**Directions:** 1. Add your melons to a 64-ounce Mason jar or pitcher. 2. Pour the water over top and chill. Serve over ice.

*Recipe provided by [Define Bottle](#)*

### Orange, Strawberry & Mint

#### Ingredients:

- 1/4 cup fresh mint
- 1/2 cup strawberries, sliced
- 1/2 orange, sliced
- 16 ounces filtered water

**Directions:** 1. Place all fruits and herbs into the mason jar. 2. Fill to top with water. 3. Seal mason jar tightly and let it sit overnight in the refrigerator. *Recipe provided by [Eat, Drink, Shop, Love](#)*



### Pineapple Ginger Delight

**Ingredients:**

1 cup fresh pineapple pieces (crushed for more a sweeter taste)  
1-inch piece ginger, thinly sliced  
2 quarts filtered or spring water

**Directions:**

1. Add the pineapple and ginger to a 64-ounce Mason jar or pitcher.  
2. Pour the water over top and refrigerate until cold.  
Serve over ice.

*Recipe provided by [Define Bottle](#)*

### Cucumber Lavender Mixer

**Ingredients:**

1 cucumber, thinly sliced  
1 teaspoon dried culinary lavender, or 2 fresh lavender sprigs  
2 quarts filtered or spring water

**Directions:**

1. Add the cucumbers and lavender to a 64-ounce Mason jar or pitcher.  
2. Add the filtered water. If using dried lavender, strain before serving.  
3. Refrigerate until cold and enjoy.

*Recipe provided by [Define Bottle](#)*

### Raspberry Lemon

**Ingredients:**

2 cups organic raspberries  
8 cups spring or filtered water  
1 large organic lemon, cut into half-inch slices  
2 dried Medjool dates  
1 gallon clean glass jar with lid

**Directions**

1. Place raspberries into the bottom of your jar. Add the dates, then layer the lemon slices on top. Pour water into jar and place lid on top.  
2. Place water into the refrigerator and let infuse for 1 hour.

*Recipe provided by [A Harmony Healing](#)*

### Strawberry, Basil & Cucumber

**Ingredients:**

3 basil leaves roughly chopped  
1 strawberry sliced  
3-5 slices of cucumber  
Ice  
Water

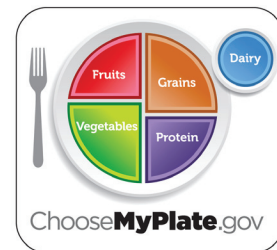
**Directions:**

1. Combine all the ingredients in a large glass, and let sit for at least 5 minutes before enjoying.

*Recipe provided by [Budget Savvy Diva](#)*

# be a healthy role model for children

## 10 tips for setting good examples



**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

### 1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

### 3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



### 5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

### 6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



### 7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

### 8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

### 9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



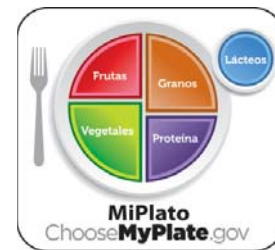
### 10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.



# dé buen ejemplo de salud a los niños

## 10 consejos para dar buenos ejemplos



**Usted es la influencia más importante para sus hijos.** Puede hacer muchas cosas para ayudar a sus hijos a desarrollar hábitos de alimentación sana, para toda la vida. Ofrecer una variedad de comidas ayuda a los niños a obtener los nutrientes que necesitan de cada grupo de alimentos. También tendrán mayores probabilidades de querer probar alimentos nuevos y que estos les gusten. Cuando los niños desarrollan un gusto por muchos tipos distintos de alimentos, es más fácil planificar las comidas de la familia. ¡Cocinen juntos, coman juntos, hablen y hagan que las comidas sean tiempos dedicados a la familia!

### 1 eduque con su ejemplo

Coma vegetales, frutas y granos integrales en las comidas o como bocadillos. Deje que su hijo vea que a usted le gusta comer vegetales frescos.



### 2 vayan de compra juntos

Ir de compras de comestibles puede educar a sus hijos sobre los alimentos y la nutrición. Hablen sobre de dónde provienen los vegetales, las frutas, los granos, los productos lácteos y las proteínas. Permita que sus hijos tomen decisiones saludables.

### 3 sea creativo en la cocina

Use moldes para galletitas para cortar los alimentos en formas divertidas y fáciles. Nombre los alimentos que sus hijos ayuden a preparar. Sirva la “ensalada de Janie” o los “camotes de Jackie” a la cena. Anime a sus hijos a inventarse bocadillos nuevos. Prepare sus propias mezclas de nueces y frutas con granos integrales secos, cereales con bajo contenido de azúcar y frutas secas.

### 4 ofrézcales los mismos alimentos a todos

Deje de “cocinar a la carta” al preparar varios platos distintos para complacer a los niños. Es más fácil planear las comidas familiares cuando todos comen lo mismo.



### 5 recompense con atención, no con comida

Demuestre su amor con abrazos y besos. Consuele con abrazos y conversaciones. No ofrezca dulces como recompensas. Eso permite que sus hijos comiencen a pensar que los postres son mejores que otros alimentos. Si no se comen la comida, los niños no necesitan “otras cosas”, como dulces o galletitas, para reemplazarla.

### 6 en la mesa enfóquese en la familia

Hable sobre temas divertidos y felices a la hora de comer. Apague el televisor. No conteste el teléfono. Intente hacer que la hora de comida sea un período libre de estrés.



### 7 preste atención a sus hijos

Si sus hijos dicen que tienen hambre, ofrézcales bocadillos pequeños y sanos, aunque no sea hora de comer. Ofrezca opciones. Pregunte “¿Qué les gustaría en la cena: brócoli o coliflor?” en lugar de decir “¿Quieren brócoli con la cena?”

### 8 limite el tiempo frente a una pantalla

No permita más de 2 horas al día frente a la televisión o la computadora. Levántese y muévase durante los anuncios para hacer algo de actividad física.

### 9 anime la actividad física

Haga que la actividad física sea divertida para toda la familia. Involucre a sus hijos en la planificación. Camine, corra y juegue con sus hijos, en lugar de sólo observar. Dé el ejemplo al estar físicamente activo y usar equipo de seguridad, como cascos de bicicleta.



### 10 dé el buen ejemplo de alimentación

Pruebe alimentos nuevos también. Describa el sabor, la textura y el olor. Ofrezca un alimento nuevo a la vez. Sirva un alimento nuevo con algún otro que les guste a sus hijos. Ofrezca alimentos nuevos al empezar a comer, cuando sus hijos tienen mucha hambre. Evite las discusiones o el forzar a sus hijos a comer.



**4** **SERVES**  
**PORCIONES**

## BANANA FRENCH TOAST

cooking spray  
2 eggs, **beaten**  
½ teaspoon vanilla extract  
½ teaspoon cinnamon  
¼ cup lowfat milk  
4 slices whole wheat bread  
2 bananas, **sliced**

1. Spray medium skillet with cooking spray. Heat over medium-low heat.
- ② In a shallow bowl, mix together eggs, vanilla, cinnamon, and milk.
- ③ Dip bread into mixture for a few seconds, turn to coat.
4. Cook until golden brown on both sides. Cut into fun shapes if desired.
- ⑤ Top with sliced bananas.

**NUTRITIONAL INFORMATION** ( per serving )  
CALORIES 172 ; FAT 3.8g; PROTEIN 8g; CARB 29g; FIBER 4g; CALCIUM 35mg; IRON 1mg; VITAMIN A (RE) 70mcg; VITAMIN C 5mg; FOLATE 12mcg

### DID YOU KNOW?...

Using an egg slicer to cut bananas is a fun and safe tool for your kids to use.

### SABÍA USTED QUE?...

Usar el rebanador de huevos para cortar los plátanos es entretenido y seguro para los niños.

## TOSTADA FRANCESA CON PLÁTANOS

aceite vegetal en rociador  
2 huevos **batidos**  
½ cucharadita de extracto de vainilla  
½ cucharadita de canela  
¼ taza de leche baja en grasa  
4 rebanadas de pan de trigo integral  
2 plátanos, **rebanados**

1. Rocíe una sartén mediana con aceite vegetal. Caliente a fuego medio.
- ② En un tazón poco profundo, mezcle los huevos, la vainilla, la canela y la leche.
- ③ Remoje el pan en la mezcla durante varios segundos, volteé para cubrir el otro lado.
4. Cocine hasta que esté dorado por ambos lados. Si lo desea, córtelo en figuras graciosas.
- ⑤ Adorne con plátanos rebanados.

**INFORMACIÓN DE NUTRICIÓN** ( en cada porción )  
CALORÍAS 172; GRASA 3.8g; PROTEÍNA 8g; CARB. 29g; FIBRA 4g; CALCIO 35mg; HIERRO 1mg; VITAMINA A (RE) 70mcg; VITAMINA C 5mg; FOLATO 12mcg

