

Choose Water as a Drink

Water accounts for 50-80% of our body weight - our bodies need water to function. Drinking water every day promotes good digestion, healthy skin, and healthy teeth.

Water is the best choice of drink – it doesn't have added sugar, sweeteners or caffeine which are often found in other drinks.

How much fluid do children need every day?

- Children up to 8 years of age need 4-5 cups / day.
- Children over 8 years of age need 6-8 cups / day.
- More active children will need more than the recommendations above.



Ways to encourage children to drink water during the school day:

- Ensure students have access to water throughout the day and have regular 'water breaks.'
- Encourage parents to pack plenty of water in their child's lunchbox.
- Ensure the canteen limits the offering of sweetened and artificially sweetened drinks.
- Ensure the canteen does not discount or promote sweetened and artificially sweetened drinks to increase sales of these items.
- Support the canteen to offer other water-based drinks such as water with slices of cucumber, lemon, and/or orange. They could also freeze fresh fruit and use them as ice cubes. This could be displayed in a large dispenser at the entrance to the canteen, for students to help themselves to.