

A close-up photograph of two children sitting at a desk, focused on writing. The child on the left is a young girl with blonde hair, wearing a light blue patterned shirt, holding a blue pencil. The child on the right is a young boy with dark hair, wearing a yellow and black plaid shirt, holding a purple pen. The background is softly blurred, showing a classroom setting.

PART 4

GET IT IN WRITING

A TOOTHKIT TO
IMPROVED HEALTH



JUST ADD WATER

EXAMPLES OF HEALTHY BEVERAGE AND DRINKING WATER POLICIES

After improving your organization's access to water, you'll want to ensure that the change is sustainable. There are several ways to make this happen:

- If a new water-filling station is installed, it's important to make sure there is money in the school or building budget to purchase replacement filters, which cost about \$80 each.
- If there is an opportunity to update job descriptions, include serving water as one of the responsibilities for lunchroom, library, administrative or coaching staff or volunteers.

Create a Healthy Beverage Policy

One reason to increase access to drinking water is so that students and others are drinking fewer sugary beverages and opting for water instead. You can take this effort a step further by working with your Wellness Committee or administration to create a healthy beverage policy.

Consider your school's restroom policy. If the aim is for students, staff, teachers and community members to be drinking more water, you will want to make sure that the restroom policy supports more regular restroom breaks.

If you're working on a policy change in your school, make sure as many people as possible have the chance to review the policy and provide input. This should happen before it becomes official and communicated to the entire school to ensure all parties are supportive. Once a policy change is official, your school or organization can work to further promote water in your community.



Photo: David Shankbone

The Buell Children's Museum in Pueblo created a healthy beverage policy that has gone over well. They switched up their drink offerings to only serve water or infused water at events. Also, water is the only beverage sold in the gift shop. The museum chose to put this policy in place because of water's benefits to oral and overall health, especially in young children. Adult visitors are very happy, and kids love the infused water option.