Promote Water Intake at School

Fun and attention-grabbing promotion, along with engaging education, can encourage students to drink more water throughout the school day.

Promote water consumption

First, decide what messages you wish to convey to students and staff about the benefits of drinking water. Examples include:

- Water is good for health and performance
- Tap water is safe to drink
- Tap water is better for the environment

Next, decide how you will promote water consumption. The method you choose will depend on who is available to help with promotion, how much funding you have, and what your goals are for the water campaign. Examples include:

- Contests: can be used to increase water intake at school and home
- Posters and flyers: can be displayed around school or given to students to take home
- Rewards: small stickers, pencils, or other prizes can be given to students seen drinking water
Educate in and out of the classroom

Plan activities that focus on the benefits of drinking water in classes across subject areas. Work with teachers and local the water supplier to arrange for a field trip to the water supply plant.

Spotlight: Materials that Work

The ReThink Your Drink Campaign has developed a curriculum to teach students K-12 about the importance of healthy hydration. The lessons support California State Standards.

Learn more at: https://bit.ly/1UlxDw