



# Re-refresh your drink: Help kids to choose water

Water is usually the best drink for kids. It's a great choice with meals and snacks, and in between times.

It's not always easy to choose water over other options. Reasons may include lack of safe drinking water, local norms, habits, advertising, and the appeal of other drinks.

Change takes time. It can help to try new things – check out the ideas below. Which ones might be a good fit for you and your kids?



## MAKE WATER THE #1 DRINK

- You are a role model. Choose water when you can.
- Offer water regularly to satisfy thirst.
- Serve it with meals, including when eating out.
- Supply water during and after activities.



## KEEP IT HANDY

- Make water available at all times.
- Keep a jug of cold water in the fridge.
- Put a jug of water on the table at meal and snack times.
- Pack leak-proof water bottles for school, activities, and trips.



## MAKE IT WORK FOR YOUR KIDS

- Offer it warm, cold, or at room temperature.
- Add a squeeze of lemon juice for some extra flavour.
- Help kids access it when they need.  
For little ones, a stool near the sink can help.



## WHAT ABOUT MILK?

- Plain milk is also a good choice for most kids. Offer about 2 cups (500 mL) per day.
- Think of milk as food. Serve it at meal or sit-down snack times, in open cups.
- Plain, fortified soy drink is also an option for kids who are two years and older.



## WHAT ABOUT OTHER PLANT-BASED DRINKS?

- These include drinks made from oats, almonds, rice, or coconuts.
- These drinks are hydrating, but often do not have the same nutrition as milk or soy drinks.
- If you offer these drinks, help kids get enough calories, protein, and other nutrients from food sources.

## WHAT ABOUT FRUIT JUICE?

- Fruit juice is naturally high in sugar. It can fill up kids' tummies, make them less hungry for meals, and affect their teeth.
- Fruit offers similar nutrients and more fibre than juice. Fresh, canned, and frozen fruit are all good options.
- Fruit juice may be an option when access to fruit is limited.



## TIPS FOR PARTIES AND SPECIAL EVENTS

- Offer kids colourful cups or straws.
- Make “fancy water” with lemon, berries, or mint.
- Try offering this in a drink dispenser with a tap. Kids can help themselves.
- Or let kids choose what they add to their own cups.

## IF YOU DO OFFER JUICE, AIM TO:

- choose 100% pure fruit juice (check the ingredient list),
- limit it to 1/2 cup (125 mL) per day, and
- serve it in open cups at meal or sit-down snack times