Child Care Provider’s Action Sheet
Use of Water and 100% Juice

- Enlist the people responsible for preparing and selecting food to be leaders for children’s healthy eating and provide them with information/training on preventing childhood obesity.
- Contact a child care health consultant, dietitian, local chef or parent/guardian with a background in health or nutrition, to help you identify ways to promote healthy eating and drinking in your program.
- Suggest healthy options to celebrate special occasions, such as “Make-it-yourself pizza” with healthy fruit or vegetable toppings, serving a fresh fruit cup, organizing a trip to a local farm, etc.

How Can You Partner with Your Children’s Families?

- Share information about healthy weight during childhood, especially the negative impact of sugar-sweetened drinks and foods on children’s health. Provide tip sheets on the impact of sugar sweetened foods/beverages and on how families can help make the change to healthier beverages and foods.
- Share what you are doing to increase fresh fruit consumption, limit 100% juice and eliminate concentrated sugars. Discuss how your motivation is children’s health, not a budget concern.
- Ask for your parents'/guardians’ support in:
  - Providing water or low-fat, non-flavored milk (skim or 1% for children age two and older) in children’s lunches instead of sugar-sweetened drinks;
  - Modeling water consumption at home;
  - Providing healthier food choices (fresh fruit and vegetables, healthy fruit/vegetable pizza toppings, etc.) for special occasions instead of sugar-sweetened foods; and
  - Talking with their children about the importance of drinking water and eating fresh fruits.
- Ask parents/guardians with backgrounds in health/nutrition to help you identify ways to promote healthy eating and drinking in your program.


Reference

Resources