

Choose Water

Make it easy for kids to choose water instead of sugary drinks!



Tips



Drinks like 100% fruit juice, chocolate milk, sports drinks, pop, and yogurt drinks have high amounts of sugar and bump out the nutrients that kids need to feel good and perform their best.

Pack a reusable water bottle instead of a sugary drink in your child's lunch bag.

For more tips, visit kflaph.ca/ChooseWater
#choosewaterKFLA #YGK