



PARENT NEWSLETTER

DID YOU KNOW?

We support healthy beverage habits by serving only healthy beverages in our program, and talking with the children about choosing refreshing water when they are thirsty!

- Switching to water at home and when eating out is an excellent way to drink smart and save money
- Children should only drink half a cup of 100% juice each day
- Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories



Rev Your Bev is a statewide initiative supporting healthy hydration initiatives in early care programs and encourages children and adults of all ages to choose water!

TIPS FOR PARENTS

- Kids may not drink enough water on their own, so encourage them to drink water while playing inside, outside, during meals, and all day.
- Make drinking water FUN. Let your child pick out a fun cup, find a new water bottle, or use a colorful straw.



#RevYourBev





WAYS TO REV YOUR BEV WITH YOUR CHILD

RECIPES TO REV YOUR BEV

Have you ever tried infusing your water with fruits or veggies? This is a fun and tasty way to get your child to enjoy drinking water!

DIRECTIONS

1. Slice up the fruit and/or vegetables
2. Stir into a pitcher of water and let chill in the refrigerator overnight
3. Add ice, pour into a cup and enjoy!

Ask your child to help choose other unique flavor combinations of fruit and veggies to add to water. Invent a fun name for your creation using your child's name, such as "Samantha's Snazzy Strawberry Sipper!"



Visit [RevYourBev.com/recipes](https://www.RevYourBev.com/recipes) for more information

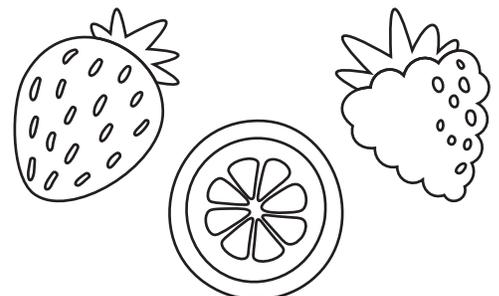
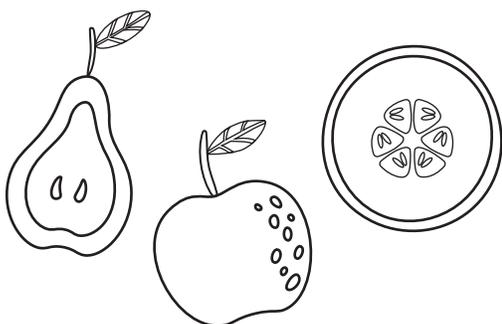
REV YOUR BEV WATER BOTTLE CRAFT

Make drinking water even more fun by creating a cool, personalized water bottle!

What you need: water bottle, crayons or markers, safety scissors, tape, stickers (optional).

What you do:

1. Have your child color in the design below and draw different fruits and vegetables that he/she would like to infuse into water.
2. Cut out the drawing on the dotted line.
3. Tape the strip of paper around a water bottle.
4. Create a fun combination of fruit, vegetable, and herbs with your child and infuse water in the newly decorated water bottle. Enjoy!



Get along the dotted line

