



Flying Pig Kids Marathon
Helping Kids Be Smart, Eat Well and Move More!
Coordinator Tips

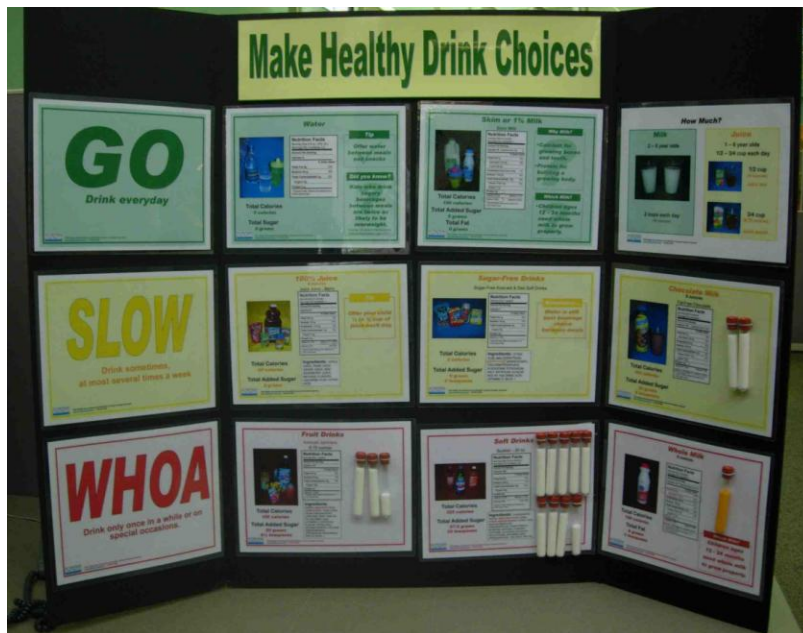
Nutrition Challenge #1 - Rethink Your Drink

The key message is to avoid soda and sweetened drinks. Soda is the number one source of added sugar in the American diet. The 2010 Dietary Guidelines identified sweetened beverages (soda, energy and sports drinks) as the number 3 source of calories in children's diets.

Encourage kids to stay hydrated with healthier choices like water, milk and 100% juices.

1. Be sure to provide access to water and encourage water at all your activities and events. Provide water bottles to the children - solicit donations from parents, boosters, local businesses.
2. Be a good role model - make sure all adults and volunteers drink water and not sodas.
3. Have kids make their own flavored water : flavor pitchers of ice water with different natural flavors like citrus slices, cucumber slices, fresh mint leaves, frozen berries, pineapple or a splash of fruit juice.
4. Have kids take the Drink Water First pledge and track their water intake online at www.drinkwaterfirst.com .
5. Sponsor a Rethink Your Drink Poster Contest at your school.
6. Give a class on healthy drink choices - here is a link for a curriculum for K-6. http://www.ochealthinfo.com/docs/public/nupac/ryd_core_prek-12-oc.pdf
7. Plan a label reading activity with drinks www.oregondairycouncil.org/resources/free_downloads/#ThinkYourDrink
8. Put up a poster or display about healthy drink choices. Here are some free or low cost resources.

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Healthy Drink Choices Display from the Nutrition Council - www.nutritioncouncil.org . You can make your own or borrow ours. Call 621-3262 for more information or to reserve the display.



5-2-1-0 Goes Afterschool Toolkit has lots of kid-friendly handouts and downloadable posters to promote healthy drink choices.

<http://www.letsgo.org/resources/5210GoesAfterSchoolToolkit.php>



www.sodafreesummer.org - links to sugar savvy handouts and posters