

Become A Healthy Beverages Expert In Your Community And School

Step 1:

Familiarize yourself with the facts and information on childhood obesity and soda pop consumption.

Step 2:

Learn more about which beverages are healthy by reading nutrition labels on the nutrition content of the beverage your family drink or that are offered in schools, communities and health centers.

Step 3:

Make a note if your school has a resolution or policy, and find out what beverages are sold in your community.

List healthy beverages that are sold or served in your school

- Low-fat, 1% or fat-free- milk
- Water
- Fruit juice (100% real juice)
- Soy milk

Which unhealthy beverages are sold or provided in your school, clinic, and tribal offices?

- Regular soda
- Diet soda, ice tea and artificially sweetened beverages
- Iced tea or other sweetened drinks
- Fruit drink, sports drinks
- Sports drinks

Are unhealthy beverages sold in any of the following locations?

- Vending machines
- Sporting events
- Cafeteria line
- Fundraising drives
- Schools store
- other

Step 4:

Research or seek other school policies or resolutions that may affect the development of a Healthy Beverage policy.

Step 5:

Learn about the finances of removing soda and other sweetened beverages.

Step 6:

Coordinate a poll of parents and health care providers in your school district and community.