

## **Take Action Tools: Sound Bites** *(adapted from Project LEAN)*

It is helpful to prepare talking points in advance of a presentation or media interview. Use or adapt the talking points below to fit your community's needs.

### **Argument: "Students need freedom of choice."**

- Schools have the responsibility to encourage and model healthy behaviors. Our tribe's children need to be guided to make healthy choices.
- There are many nutritious beverages that students can drink such as waters, 100% fruit juices and milk.
- Healthy choices need to be just as available and appealing as unhealthy choices. Students currently do not have much of a choice.

### **Argument: "No food is a 'bad' food."**

- This assumes that all foods are eaten as part of a healthy diet. Unfortunately, few children eat healthfully. The intake of high sugar beverages such as soda pop has risen significantly and outpaces the consumption of water and milk.
- When children are missing out on essential nutrients like calcium, it is important to help children eat and drink nutritiously.

### **Argument: "Children will be thirsty at school."**

- There are plenty of thirst-quenching beverages that do not have empty calories.
- For many years, students were able to exist on school campus with just water and milk. The need for soda pop is a recent environmental change with no physiological need justified.

### **Argument: "Sports drinks are healthy beverages after exercise."**

- Electrolyte-replenishing sports drinks are useful after very vigorous exercise but hardly needed after a 30-minute P.E. session.

### **Argument: "Why not give them what they already drink at home?"**

- The school has a responsibility to model healthy behaviors that are taught in the classroom. There are many behaviors that occur in the home that are not acceptable at school.
- Because children drink soda pop at home is an even better reason to limit their consumption at school. School can be a safe haven from unhealthy behaviors that contribute to obesity, diabetes, bone problems and dental problems.
- Advertising in schools comes along with an implied endorsement from the school.