



How To Use **Water First: Think Your Drink** in Schools

- Encourage PTAs to adopt a **Water First** policy and serve only water at school events. Buy Igloo coolers or pitchers and serve in paper cups to keep it cheaper and more eco-friendly than bottled water.
- Advocate for school wellness policies to let students drink water at school throughout the day using reusable bottles. Sell Water First bottles as a fund raiser or find a sponsor to buy for all students and faculty.
- Encourage teachers to direct students to www.DrinkWaterFirst.com to learn about the benefits of drinking more water and fewer sweetened beverages. Have a Water First poster contest and feature Water First facts on morning announcements.
- Offer an educational program about Water First to the parents as part of a school wellness event. Contact Anita Courtney at anitac@gx.net for a speaker.
- Encourage teachers to role model drinking water.
- Use an attention-getting scooter/cooler to distribute water to classrooms.



For graphics for contact Anita Courtney at anitac@gx.net.

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