

How You Can Use Water First: Think Your Drink in Your Community



Local Government

- Encourage local government and elected officials to serve water instead of sweetened beverages at meetings and events.
- Encourage local government to include water fountains in the design of buildings and outside recreational facilities.
- Consider limiting sugary beverage serving sizes.
<http://www.nyc.gov/html/doh/downloads/pdf/notice/2012/amend-food-establishments.pdf>

Worksites

- Have water coolers and fountains throughout buildings.
- Serve water rather than sweetened beverages at meeting and events.
- Purchase **Water First** reusable water bottles for employees to support drinking water.
- Promote www.DrinkWaterFirst.com to employees via wellness programs.

Community

- Give pediatricians Rx pads encouraging patients to drink more water. Contact Anita Courtney anitac@qx.net for graphics.
- Encourage organization (camps, faith-based, after school) that offers youth programming to make water readily available with Igloo coolers or pitchers of water at events.
- Solicit local businesses to sponsor water fountains in public places—parks, trails, etc.
- Use an attention-getting scooter/cooler to distribute water at public events.

For graphics for website links, postcards & Rx pads contact Anita Courtney at anitac@qx.net.

