


Eliminating Sugar Sweetened Beverages

How to eliminate sugar sweetened beverages from your program

Use the following questions and the corresponding “things to think about” to identify new ways to improve healthy eating. Item in [brackets] refer to things like sample policies and checklists provided in the binder. The  symbols are tips and suggestions for everyone, no matter how you answer the question.

QUESTIONS

THINGS TO THINK ABOUT

Do you know how to identify sugar sweetened beverages?



You can check the ingredient lists for words like: sugar, corn syrup, high fructose corn syrup, fruit juice concentrate, evaporated cane juice, malt syrup, sucrose, dextrose, fructose and corn sweetener.



Fruit drinks, fruit cocktails, fruitades (lemonades, etc), fruit punches, energy drinks, sodas, vitamin waters, sports drinks, sweetened iced teas and flavored milks all have added sugar.



Any juice served should be labeled 100% juice, but limit this to 4 oz. per day.

Are sugar sweetened beverages currently served by your program?



Stop buying them; instead serve water, or look for 100% fruit juice, skim or low-fat milk.



Make water the primary beverage served; keep pitchers and cups available to children throughout the day.

Do children and staff bring in their own sugar sweetened beverages from outside?



Implement policies that restrict outside food and beverages from being brought into the program and that restrict sharing of food.



Teach staff, kids and families about the amount of sugar in fruit drinks. Post flyers or send home newsletters from Food & Fun to get the message out.



Make sure that healthy beverages, like water, are always available for kids and adults!

Does your site have vending machines that kids use?



See if the vending machines can be turned off during program hours.



Make a rule that makes the vending machine off limits to kids during afterschool.



Get the vending machines stocked with healthier alternatives. *[Model Healthy Beverage Vending Agreement]*

Is there a trend that sodas and other sugary drinks are served by partners or used at parties and celebrations?



Let kids make their own juice spritzers and soda using seltzer water, 100% fruit juice, lemon and lime slices, etc.



Ban the use of foods and drinks as rewards or special treats for kids.

Are there a lot of ads for SSBs in your building?



Consider a policy that restricts this sort of advertising. *[Restricting Food and Beverage Advertising in Schools]*