



Take Action Challenge

PUT WATER IN YOUR WELLNESS POLICY	500 Points
<p>Add specific water-related language ensuring access to free, clean and safe drinking water throughout the childcare or workplace day. For examples of model school wellness policy language and a fact sheet about enforcing wellness policies, see ChangeLab Solutions, <i>Model Wellness Policy Language for Water Access in Schools</i> http://changelabsolutions.org/publications/wellness-policy-water</p>	
CHECK ON TAP WATER SAFETY	500 Points
<p>Download and read this guide to learn about assuring tap water safety in your facility: EPA, <i>Drinking Water Best Management Practices for Schools and Childcare Facilities Served by Municipal Water Systems</i> http://water.epa.gov/infrastructure/drinkingwater/schools/upload/epa816b13002.pdf</p>	
EDUCATE ABOUT DRINKING WATER	500 Points
<p>Give this bookmark (English or Spanish) to parents, providers and co-workers: https://www.cdph.ca.gov/programs/cpns/Documents/EC-Bookmark-Drink-ENG.pdf https://www.cdph.ca.gov/programs/cpns/Documents/EC-Bookmark-Drink-SPA.pdf</p>	
DISPENSE WATER, IN A CHILD-FRIENDLY WAY, THROUGHOUT THE DAY	1,000 Points
<p>The Child Nutrition Act requires access to water throughout the day. Here are some popular user-friendly approaches for the childcare setting:</p> <ol style="list-style-type: none"> 1. Put child-sized pitchers on the table and offer cups so children can pour their own water. Providing a vessel near a water source allows students to take more than just a sip or two at a time, increasing overall consumption. 2. Station an Igloo-type cooler for water access outside along with cups and/or reusable water bottles. 3. Provide each child with a re-fillable water bottle <ul style="list-style-type: none"> ○ Fill it at a sink with child-friendly taps and stepstool OR a bottle filling station. ○ Store reusable water bottles at school and clean bottles regularly. Keeping reusable water bottles at school overnight decreases the likelihood that the bottles will be lost. ○ Teach bottle hygiene to parents and professionals. Reusable bottles must be properly cleaned and fully air-dried at least once per week to prevent development of odors or bacteria. See page 51 of Water Works: A Guide to Improving Water Access and Consumption in Schools to Improve Health and Support Learning. 	