

# EFFECTIVE ACCESS to Water in Schools



## 1 WATER AVAILABLE DURING MEAL TIMES

Schools participating in the National School Lunch Program must provide free, potable water to students during meal times where meals are served.

## 2 DRINKING WATER PROMOTION\*

Children drink more water when it is promoted.

## 3 CLEAN, ACCESSIBLE DISPENSER\*

Children are more likely to drink water from an appealing source.

## 4 ENSURE WATER IS SAFE

Schools are responsible for drinking water safety. Learn more about "Drinking Water Safety in Schools" at [www.DrinkingWaterAlliance.org/facts](http://www.DrinkingWaterAlliance.org/facts).

## 5 STAFF MODELING

Be a healthy beverage role model — drink water.

## 6 MORE THAN A SIP

Make cups available so children can get more than just a water fountain sip.

## 7 EASY ACCESS TO WATER

Allow students to get water during meals.

## 8 SCHOOL PERMITS REUSABLE WATER BOTTLES

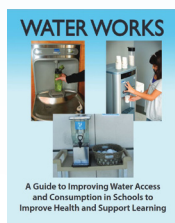
### YOUR LOCAL SCHOOL WELLNESS POLICY CAN SUPPORT THESE ACTIONS

Strong policy language addressing water access promotes wellness, ensures a healthy school environment and helps establish sustainable practices. For sample language, visit [www.DrinkingWaterAlliance.org/school-wellness-policy](http://www.DrinkingWaterAlliance.org/school-wellness-policy).

*\*See resources on reverse side for more on promotion and access.*



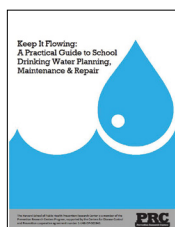
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## Water Works Toolkit

Step-by-step guide to improving water access in schools, including resources on funding and evaluating school water programs.

<http://bit.ly/2ik2D2C>



## Keep It Flowing:

### A Practical Guide to School Drinking Water Planning, Maintenance & Repair

Describes the role of schools, districts, and government entities in running school water programs.

<http://bit.ly/2h04Z5G>



## Improving Access to Drinking Water in Schools

Issue brief outlining actions that schools can take to improve water access, including changes that don't involve plumbing or funding.

<http://bit.ly/2ikNmyt>

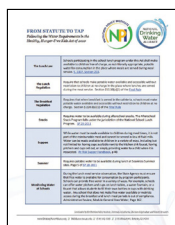


## Water First: A Toolkit Promoting

### Water Intake in Community Settings

A resource on promoting water, including sample messages and campaigns.

<http://bit.ly/2slVmtf>



## From Statute to Tap

A summary of the water requirements in the Healthy, Hunger-Free Kids Act of 2010.

<http://bit.ly/2sJ1rGl>

## A FEW KEY ARTICLES

### Increasing Access to Drinking Water in Schools

Centers for Disease Control and Prevention. Increasing Access to Drinking Water in Schools. Atlanta GA: US Dept. of Health and Human Services; 2014.

<http://bit.ly/2lcTsky>

### "Grab a Cup, Fill It Up!"

Kenney EL, Gortmaker SL, Carter JE, Howe MCW, Reiner JF, Cradock AL. Grab a Cup, Fill It Up! An Intervention to Promote the Convenience of Drinking Water and Increase Student Water Consumption During School Lunch. American journal of public health. 2015;105(9):1777-1783. doi:10.2105/AJPH.2015.302645.

<http://bit.ly/2vz6j1z>

### "Promotion and Provision of Drinking Water in Schools for Overweight Prevention"

Muckelbauer R, Libuda L, Clausen K, Toschke AM, Reinehr T, Kersting M. Promotion and Provision of Drinking Water in Schools for Overweight Prevention: Randomized, Controlled Cluster Trial. Pediatrics Apr 2009, 123 (4) e661-e667; DOI: 10.1542/peds.2008-2186.

<http://bit.ly/2uwxwFp>

### "Perceptions About Availability and Adequacy of Drinking Water in a Large California School District"

Patel AI, Bogart LM, Schuster MA, Uyeda KE, Rabin A. Perceptions About Availability and Adequacy of Drinking Water in a Large California School District. Preventing Chronic Disease. 2010;7(2):A39.

<http://bit.ly/2u5DKJH>

### "Effect of a School-Based Water Intervention on Child Body Mass Index and Obesity"

Schwartz AE, Leardo M, Aneja S, Elbel B. Effect of a School-Based Water Intervention on Child Body Mass Index and Obesity. JAMA pediatrics. 2016;170(3):220-226. doi:10.1001/jamapediatrics.2015.3778.

<http://bit.ly/2uzUYBh>



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