

## Make Drinking Water Available for Kids During School Meals

### 10 Reasons why Drinking Water is Important

- 1** No added sugars (Illustration: A red circle with a slash over a sugar cube).
- 2** Helps kids concentrate (Illustration: A glowing yellow lightbulb).
- 3** Promotes a healthy weight (Illustration: A purple muscular arm).
- 4** Keeps teeth healthy (Illustration: A smiling face with a red tongue).
- 5** Improves academic performance (Illustration: A green chalkboard with '1+1=').
- 6** Hydrates the body (Illustration: A clear plastic water bottle).
- 7** Regulates body temperature (Illustration: A blue thermometer).
- 8** No added calories (Illustration: A balance scale).
- 9** Helps nutrients move in the body (Illustration: A purple stick figure with arms raised).
- 10** Improves memory (Illustration: A red brain).

### What's Happening in Rochester?

Kids are not drinking enough water. Instead of reaching for water or low fat milk, kids are drinking more soda and sweetened drinks.

Every child has the right drink free water. Schools are required by law to have water available to kids wherever meals are served. Parents in Rochester are worried that kids are not able to have water during school lunch. They have observed that kids are only served low-fat milk and have no other option for a drink. If a kid would like to have water with their meal, they have to ask to leave the cafeteria to get a drink from the fountain. In some cases, children are not allowed to leave the cafeteria at all. In some cases, water is not easily available to kids during meals.

Together, parents and Healthi Kids want the district to know that every kid has the right to have water during school meals. **We are advocating for the creation of a water station in each Rochester City School District school cafeteria.** Water stations can be as easy as providing water jugs and cups during lunch. They can also be water coolers set up in the cafeteria, or water fountains being renovated to have a bottle filler attached to it. Water stations will allow each school to have free drinking water available to all students.



### What Can I Do?

- Call Dave Brown, Director of Food Service at 585.336.4162. Let him know that you want a water station in each Rochester City School District cafeteria.
- Don't have the time to call? E-mail the Office of Parent Engagement at [parentcenter@rcsdk12.org](mailto:parentcenter@rcsdk12.org) and let them know your thoughts.
- Talk to your child's school principal. Share your concerns on water access in your school and ask them what they're doing to make it better.
- Want more information about how we can improve water access in schools? Call Erick Stephens, Healthi Kids' parent engagement specialist at 585.224.3112.