

10 Things Families & Organizations Can Do to Cut Down on Sugary Drinks



Individuals & families

1 Purchase, serve and enjoy low-sugar options like water, low-fat milk, unsweetened tea and coffee drinks, and small portions (4 ounces or less) of 100% fruit juice.



Image: FreeDigitalPhotos.net

Be creative! Ask your kids to design their own fun beverages for special occasions using carbonated water, fresh fruit and 100% fruit juice.

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3 Send your kids off to school with a cold thermos of water.

Help your kids get the sleep they need by ensuring that everything they drink is caffeine-free.

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5 If you do have a sugary drink as an occasional treat, cut calories and save money by ordering a small size and saying “no thanks!” to refills.

Employers, organizations, schools & public places

6 Ensure easy access to cool, fresh water at work, in organizations that serve kids and in public spaces.

7 Use marketing and pricing strategies to promote healthy items. Stock healthy beverages at eye-level and price them to move!

Keep portion sizes reasonable by eliminating super-sized sugar drinks.

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9 Use the [King County Healthy Vending Guidelines](#) to make sure that your vending machines offer the healthiest beverage options.

10 Adopt a healthy beverage policy that clearly states the types of drinks that can be sold or made available in your workplace or organization. Include your employees and key stakeholders (such as members, customers or managers) in the development of the policy. They'll thank you for it!