

FOR AN ENVIRONMENT THAT PROMOTES WATER CONSUMPTION AT HOME



coalitionpoids
québécoise sur la problématique du

Une initiative parrainée par l'Association pour la santé publique du Québec



During meals and snacks

- Water is the primary drink.
- A pitcher of fresh water is on the table to serve yourself as needed.
- A selection of flavoured water with fruits, herbs or vegetables may be offered.



In the fridge

- A pitcher of water is available.
- This helps reduce the taste of chlorinated water.
- Offering sugary drinks that compete with water is only done rarely.



In the lunch box

- There is a bottle of water.



On hand

- There are bottles of water available for family outings, trips, as well as sports and outdoor activities.

ABOUT THE CAMPAIGN **I'M THIRSTY FOR HEALTH!**

The **I'm Thirsty for Health!** campaign is designed to promote healthy hydration by encouraging, normalizing and valuing the consumption of water by children

Let's build communities where water is the most visible and attractive beverage!



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More tools are available at thirstyforhealth.ca

For more information, contact us • 514-598-8058 • soifdesante@gmail.com

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