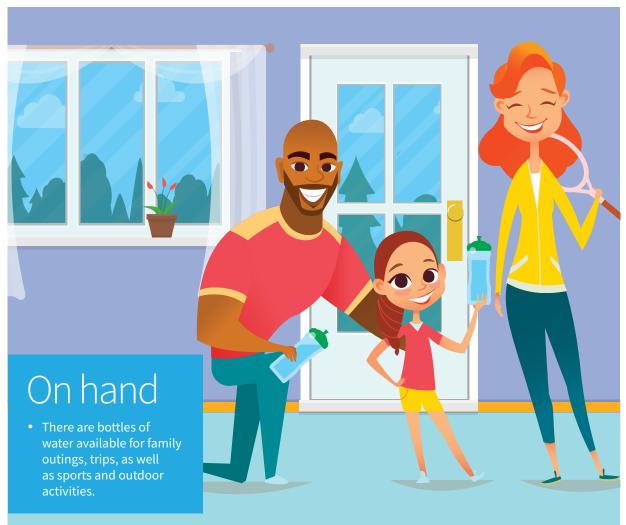




During meals and snacks

- 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.





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!







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

More tools are available at **thirstyforhealth.ca**For more information, contact us • 514-598-8058 • **soifdesante@gmail.com**