

Eliminating Sugar Drinks from Snacks Served

How to stop serving sugary drinks to children during your program

Use the following questions and the corresponding “action steps” to identify new ways to improve healthy beverages. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

Do you and your staff know how to identify sugary drinks?

- NO** → You can check the ingredient lists for words like: sugar, corn syrup, high fructose corn syrup, fruit juice concentrate, evaporated cane juice, malt syrup, sucrose, dextrose, fructose and corn sweetener.
- YES** → OSNAP considers even 100% juice over 4oz. in size to be a sugary drink.
- ALL** → Fruit drinks, fruit cocktails, fruitades (lemonades, etc), fruit punches, energy drinks, sodas, vitamin waters, sports drinks, sweetened iced teas and flavored milks all have added sugar. **SEE: FOOD & FUN UNIT 3**

Does your program spend money to provide sugary beverages?

- NO** → If you don’t purchase beverages, serve tap water every day. **SEE: SAMPLE MENUS**
- YES** → See whether there is flexibility about what’s ordered. Stop buying beverages like juice, and use the money saved to purchase healthier foods like fresh fruit. Serve tap water every day. **SEE: SNACK SENSE, SAMPLE MENUS**

Does another organization (like School Food Service or a food bank) provide your program with sugary drinks?

- NO** → Serve tap water every day. **SEE: SAMPLE MENUS**
- YES** → Talk with the person in charge of ordering beverages to see if there is flexibility. Ask whether they can stop buying beverages like juice, and use the money saved to purchase healthier foods like fresh fruit. Serve water every day. **SEE: ADVOCATING FOR HEALTHY SNACKS, WATER TIP SHEET**
- ALL** → Add water to your daily menu. **SEE: SAMPLE MENUS**

Do you serve juice?

- NO** → Put healthy beverages, like water, on the official menu. **SEE: SAMPLE MENUS**
- YES** → Limit the size (to no more than 4oz) and frequency of 100% juice served. Do not serve anything that is not 100% juice (e.g., juice cocktails). Instead, serve water with a whole fruit or vegetable as much as possible.

Are sodas and other sugary drinks are served by partners or used at parties and celebrations?

- NO** → Communicate your policy against serving sugary drinks to your program partners. Suggest other incentives that could be used. **SEE: PARTNER PROGRAM LETTER, HEALTHY CELEBRATIONS**
- YES** → Create a policy stating that no sugary drinks can be served at your program, and communicate this to your program partners. **SEE: PARTNER PROGRAM LETTER, HEALTHY CELEBRATIONS**
- ALL** → For festive drinks, let kids make their own juice spritzers and soda using seltzer water, 100% fruit juice, lemon and lime slices, etc. **SEE: FOOD & FUN UNIT 10**

Do you have a policy about what beverages your program will provide for children?

- NO** → Create a policy stating your program will not provide sugary drinks to children, which includes 100% juice over 4oz. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**
- YES** → Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS, FOOD & FUN UNIT 10 FAMILY RESOURCES**