

30 DAY WATER CHALLENGE: MAKE EVERY SIP COUNT!

Water: it's great for physical, oral and cognitive health. The Child and Adult Care Food Program (CACFP) requires that providers offer drinking water in addition to making it available. To promote the importance of drinking water, try these simple activities—one for every day of the week. *How many can you do?*

<p>1 Enjoy a glass of water & then mark your calendar: monitoring for the new water requirements starts Oct. 1, 2018</p>	<p>2 Set up a station with a small water pitcher & cups so children can practice pouring</p> 	<p>3 Use a visual aid, such as a cup or pitcher, when verbally offering water</p>	<p>4 Sing W-A-T-E-R to the tune of "Bingo is His Name-O." "There is something we need to live & water is its name-o. W-A-T-E-R . . ."</p>	<p>5 <i>Safety First!</i> Only use water from the cold tap for drinking & cooking</p> 
<p>6 Offer water during & after physical activity</p> 	<p>7 Teach American Sign Language for "water" https://bit.ly/2lLwnki</p>	<p>8 Station a water dispenser outside, along with cups and/or reusable bottles, for easy access while outdoors</p>	<p>9 Play the Andy Z water music video & teach the hand gestures https://bit.ly/2s4gATI</p>	<p>10 <i>Safety First!</i> Disassemble & air-dry reusable water bottles daily & wash with hot, soapy water at least once per week</p>
<p>11 Determine which water delivery options work best for your facility https://bit.ly/2lEfjNm</p>	<p>12 Read <i>The Raindrop's Journey</i> by Suzanne Slade to teach about the water cycle</p> 	<p>13 Appoint older children as "water helpers" to serve water to classmates</p>	<p>14 Put out cups of water & paintbrushes for children to "paint" walls & walkways outside</p> 	<p>15 <i>Safety First!</i> To reduce lead, flush the cold tap if water has not been used in several hours https://bit.ly/2bCGpQg</p>
<p>16 Share the Healthy Hydration fact sheet with parents & staff https://bit.ly/2z6uXvK</p>	<p>17 Promote drinking water with Potter the Otter activity sheets https://bit.ly/1K8eswf</p>	<p>18 Put cups next to drinking water faucets, & a water pitcher & cups on tables during mealtimes</p> 	<p>19 Teach children fun "water" yoga poses, such as "boat," "fish" & "bridge" https://bit.ly/2xyQcTY</p>	<p>20 <i>Safety First!</i> Your utility's Consumer Confidence Report informs about your tap water quality https://bit.ly/1LJh8kV</p>
<p>21 Teach the word for "water" in other languages https://bit.ly/2lIFGBC</p> 	<p>22 Read a <i>Cool Drink of Water</i> by Barbara Kerley, which shows people around the world collecting & using water</p>	<p>23 Display posters promoting drinking water or have children make their own https://bit.ly/2KooBdu</p>	<p>24 Sensory station: freeze blocks of ice for children to touch & play with</p> 	<p>25 <i>Safety First!</i> If you aren't sure your water is safe, use filtered or bottled water, especially for mixing formula</p>
<p>26 Which drinking vessels are best for your facility: single-use or reusable? pg. 19 https://bit.ly/2ik2D2C</p>	<p>27 Read <i>I Am Water</i> by Jean Marzollo to teach about different states of matter</p> 	<p>28 Would you like to see water on MyPlate? Make your voice heard! https://bit.ly/2lBISzG</p>	<p>29 Find more lessons & activities in the CACFP Children's Water Activity Book https://bit.ly/2s0SxFS</p>	<p>30 Share a picture of your favorite activity of the challenge! https://bit.ly/2lZsfqP</p> 



Created by Nutrition Policy Institute, University of California, Division of Agriculture and Natural Resources and allies of the National Drinking Water Alliance. Thank you to the National CACFP Sponsors Association for their help with challenge activities. For more information about the CACFP requirements, read the USDA's Food and Nutrition Service 2016 memo at <https://bit.ly/2s1vzgr>.

Icons from Noun Project – pitcher: iconfinder / pot: Juraj Sedlak / play area: Andrew J. Young / book: cathy moser / brush: catlyne_lcon / faucet: Rflor / water bottle: Icon Fair / ice cube: KEN MURRAY / camera: Scott Dunlap