



HOW TO PROMOTE WATER OVER SUGARY DRINKS

Kids playing junior community sport don't need the extra energy (kilojoules) or sugar that sports and soft drinks provide

- Move sports and soft drink options out of sight (to under the counter or to the back of the canteen)
- Encourage players to bring water or water bottles to games and training. Have a water refill station on the sideline.
- Make water the only drink in meal deals
- Price water lower than other drinks (e.g sell water at \$1 and soft drinks at \$2) or have water for free available to players and patrons
- Display a 'Water Available Here' poster (available in the FWRS resources)
- Give information to families, players and coaches about the importance of water in junior sports (available in the FWRS resources)
- Display posters on the importance of water vs sugary drinks in junior sports
- Have coaches and team managers encourage water at training and games

Water is the best choice!

