



PROMOTING WATER CONSUMPTION IN SCHOOLS: CHALLENGES AND OPPORTUNITIES

Nicola Edwards, MS, RD

California Food Policy Advocates

CALIFORNIA FOOD POLICY ADVOCATES

- California Food Policy Advocates is a statewide public policy and advocacy organization dedicated to improving the health and well being of low-income Californians by increasing their access to nutritious, affordable food.

www.cfpa.net



OUTLINE

- Current policy and practices
- Challenges/barriers
- Case studies
- Next steps



CURRENT POLICY AND PRACTICES

- Infrastructure requirements
- Water availability/service
- CA Project Lean survey ~ 40% report no access to free drinking water during school meals



SB 1413

- Requires a school district to provide access to free, fresh drinking water during meal times in school food service areas by July 1, 2011.
 - During meal times.
 - In the food service areas of the schools.
 - Areas where reimbursable meals under the National School Lunch Program or the federal School Breakfast Program are served or consumed.



CHILD NUTRITION ACT – S. 3307

“Schools participating in the school lunch program under this Act shall make available to children free of charge, as nutritionally appropriate, potable water for consumption in the place where meals are served during meal service.”



CHALLENGES AND BARRIERS

- Infrastructure
- Costs – one-time and ongoing
- Water safety and quality
- School meal regulations (incorrect beliefs)
- Vending contracts
- Cleaning and sanitation



WORTH NOTING

- Nothing under current law prohibits a school from providing free tap water to its students.
- According to the USDA the cost of providing water – in terms of water containers and cups – would be an allowable use of reimbursements.



SHORT TERM AND LONG TERM SOLUTIONS

- Jugs and paper cups – short term.
- New construction / renovation funds to build water stations (vs. conventional fountains) – long term.
- PTA and other groups to fundraise, e.g. selling water containers (maybe with school logo?).
- Get kids in the habit of bringing/drinking water throughout the day – just makes good health and learning sense to encourage kids to stay hydrated.



OAKLAND, CA

- PTA partnership with school food service, school administration
- Installed a “hydration station”
- Volunteers and fundraising



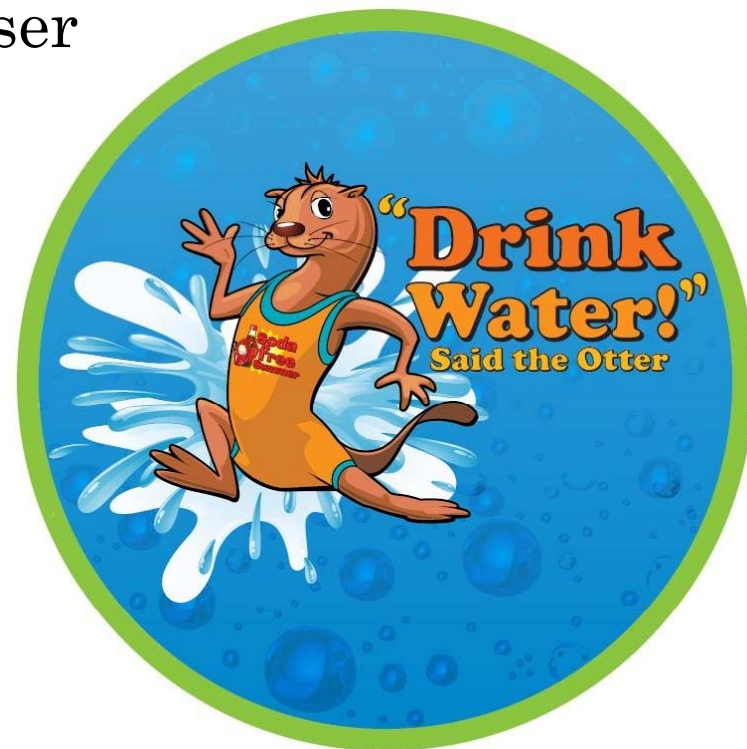
BERKELEY, CA

- Berkeley Unified provides free tap water during lunch.
- 5 gallon water containers, refilled each day.
- Cups provided.
- Cost and labor are “minimal”.
- Consumption is enormous.



SF BAY AREA

- Healthy beverage campaign
- Bay Area Nutrition and Physical Activity Collaborative
- SNAP-Ed, First Five, Kaiser



NEW YORK CITY, NY

- Collaboration between NYC Dept. of Health and NYC Dept. of Education
- 90% of students used water jets
- Did not compromise school meal standards







Plain Milk (1%)	8	1	120	14	3	14	2.5	1	1.5	150
from the Cafeteria										
Neapolitan Low Fat	14	2	340	56	13	58	6	1	3	320
Chocolate Milk										
Aquafina	20	2.5	0	0	0	0	0	0	0	0

Today's lunch options

Spaghetti & Meatballs

NUTRITION FACTS | CALORIES: 300 | TOTAL FAT: 10

Beef Teriyaki Bowl with Brown Rice

NUTRITION FACTS | CALORIES: 548 | TOTAL FAT: 13

Toasted Cheese Sandwich

NUTRITION FACTS | CALORIES: 324 | TOTAL FAT: 13

Deli Sub on Wheat

NUTRITION FACTS | CALORIES: 301 | TOTAL FAT: 7

Try the free filtered water



How does your drink measure up?

KNOW THE FACTS ABOUT BEVERAGES AT SCHOOL

	AMOUNT PER CONTAINER	CALORIES	SUGARS	CARBS	TOTAL FAT	SAT FAT	SODIUM
	AMOUNT	PER 100 ML	AMOUNT	PER 100 ML	AMOUNT	PER 100 ML	AMOUNT
Water from the Cafeteria	8	1	0	0	0	0	0
Cafeteria Ice Strawberry	20	2.5	120	34	8	34	0
Cafeteria Ice Lemon	20	2.5	120	34	8	34	0
Juice 100% Peach	15.2	2	240	51	12	58	0
Pineapple Mango Juice	15.2	2	210	42	10	21	0
Juice 100% Orange Juice	15.2	2	210	42	11	51	0
Juice 100% Apple Juice	15.2	2	210	48	11	51	0
Juice 100% Grapefruit Juice	15.2	2	260	55	11	63	0
Fruit 44 Fruit Punch	8	1	95	23	5	24	0
Sparkling Fruit Juice	8	1	95	23	5	24	0
Fruit 44 Real Strawberry	8	1	95	23	5	24	0
Sparkling Fruit Juice	8	1	95	23	5	24	0
Fat Free Chocolate Milk from the Cafeteria	8	1	120	20	5	22	0
Plain Milk (2%) from the Cafeteria	8	1	120	14	3	14	2.5
Mergin Low Fat Chocolate Milk	14	2	340	54	11	54	6
Headshot	20	2.5	0	0	0	0	0



H₂O is the way to go!

✓ **ZERO CALORIES**
WATER HAS NO SUGAR OR FAT

✓ **FREE**
IF YOU HAD FREE WATER WITH LUNCH EVERYDAY INSTEAD OF BUYING A DRINK, YOU'D SAVE ENOUGH MONEY TO DOWNLOAD A NEW SONG EACH DAY

✓ **HEALTHY**
WATER IS THE BEST CHOICE WHEN YOU EXERCISE OR PLAY SPORTS

✓ **CLEAN & SAFE**
WATER FROM THE CAFETERIA WAS TESTED AND FOUND TO BE SAFE

✓ **KEEPS TEETH STRONG AND HEALTHY**
FLUORIDE IN TAP WATER STRENGTHENS YOUR TEETH AND HELPS TO PREVENT CAVITIES



DELICIOUS & REFRESHING!



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KNOW THE FACTS ABOUT BEVERAGES AT SCHOOL

	AMOUNT PER CONTAINER		CALORIES	SUGARS		CARBS	TOTAL FAT		SAT FAT	SODIUM
	OUNCES	SERVINGS OR CUPS		GRAMS	TEASPOONS	GRAMS	GRAMS	TEASPOONS	GRAMS	MILLIGRAMS
Gatorade® Ice Strawberry	20	2.5	130	34	8	34	0	0	0	270
Gatorade® Ice Lime	20	2.5	130	34	8	34	0	0	0	270
Capri Sun® Berry Breeze	6.75	1	110	23	5	28	0	0	0	25
Dole® 100% Peach Pineapple Mango Juice	15	2	240	51	13	58	0	0	0	25
Dole® 100% Orange Juice	15	2	210	42	10	51	0	0	0	30
Dole® 100% Apple Juice	15	2	210	48	12	51	0	0	0	20
Chocolate Milk from the Cafeteria	8	1	140	25	6	26	0	0	0	180
Plain Milk from the Cafeteria	8	1	120	14	3	14	0	0	0	150
Aquafina®	20	2.5	0	0	0	0	0	0	0	0
Water from the Cafeteria	8	1	0	0	0	0	0	0	0	0



ENGLAND

- Partnership with regional drinking water company.
- Provided water coolers that dispensed chilled tap water.
- Water bottle company sold branded bottles to school at a discounted rate.





According to a recent survey conducted in California, over 40% of responding school districts reported no access to free drinking water during school meals.

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Why Water?

State of the Tap

What's Currently Required?

How to Make It Happen at Your School?



Thirsty?

Learn more about recent steps to promote water consumption in schools.

On Monday, December 13th, President Obama signed the Healthy, Hunger-Free Kids Act into law. This act improves child nutrition policy in many important ways, including a provision to require free drinking water to be available with school meals. On September 30th, 2010, Governor Schwarzenegger signed SB 1413 (Leno) creating a similar requirement for all schools in California to make free, fresh drinking water available to students during school meals. These new requirements recognize that some progress has been made in getting rid of sugary drinks in schools. But, not as much has been done on promoting the healthy choices, namely water. Water is an essential nutrient and is calorie-free. Best of all, tap water is free! Unfortunately, a recent survey in California found that over 40 percent of responding schools reported to have no access to

WWW.WATERINSCHOOLS.ORG

- Why water?
- State of the tap.
- What's currently required.
- How to make it happen at your school.



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http://www.waterinschools.org/whywater.shtml

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Kids are drinking too many sodas and other sugary drinks. In California, even with state laws prohibiting most sugar-sweetened beverages (SSBs) on school campuses, studies indicate that an alarming 62 percent of adolescents ages 12 to 17 and 41 percent of children ages two to 11 drink at least one soda or sugar-sweetened beverage per day.

These figures concern doctors and dentists alike. We all know the statistics around childhood obesity: one in three children are overweight or obese and these rates have skyrocketed over the past forty years. Over the past three decades, the childhood obesity rate has more than doubled for preschool children aged 2 to 5 years and adolescents aged 12 to 19 years, and more than tripled for children aged 6 to 11 years. And, experts are increasingly pointing to the role of sugary drinks, like sodas, sports drinks, and sweet teas, as a primary driver of the obesity epidemic.

Sodas, sports drinks, energy drinks, and other SSBs all have unnecessary added sugars or other sweeteners, such as high fructose corn syrup. Unfortunately, these sugary drinks are all too easily available to our children in the places where they live, learn, and play.

With so much concern about poor nutrition and unhealthy eating, encouraging healthy diets is a critical strategy to solving to these problems. With this in mind, promoting water consumption becomes a key strategy to reverse some of these problems. Experts are reaching a consensus that water should be a key ingredient in any anti-obesity strategy. In fact, the Surgeon General recently included a recommendation to promote water in schools in her report on combating childhood obesity.¹

Why should we be concerned about kids drinking water? Water is a vital nutrient and, because it has no calories and is free when it comes from the tap, it is the ideal drink for thirsty kids.

Yet, research shows that too many kids are probably not drinking enough water.² If kids aren't drinking water, they're either drinking unnecessary sugary drinks, like sodas and sports drinks, or nothing. Overconsumption of these sugary drinks can lead to unhealthy weight gain.

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WHY WATER

- Soda consumption.
 - 62 % of adolescents ages 12 to 17 and 41% of children ages two to 11 drink at least one soda or sugar-sweetened beverage per day.
- Obesity prevention.
 - Sodas, sports drinks, energy drinks, and other SSBs all have unnecessary added sugars or other sweeteners.



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What's the 'State of the Tap' in Schools Now?

Of course kids in school can easily get a drink of water, right? At first glance, this may seem obvious. But, after some exploration, the issue is quite a bit more complicated.

First, a recent survey from California Project LEAN and the California Department of Education found that approximately **40 percent** of responding districts reported **no access to free drinking water in school food service areas**. Second, even for those that report having access to free drinking water, whether this access actually means kids are drinking water is another story.

We can all probably remember the [sorry state of many water fountains](#) in our schools. Too many are in varying states of disrepair and dysfunction. Even if they are in working order, some fountains are visually unappealing or dispense tepid, unpalatable water.



STATE OF THE TAP

- Varying states of disrepair and dysfunction.
- Quicker and more efficient methods are necessary to get a proper serving of water to thirsty kids in a timely fashion.



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http://www.waterinschools.org/factsheets/

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Page Safety Tools ?

As an essential nutrient with no calories, kids should be reaching for a drink of water when thirsty. Yet, recent research suggests many students may not come to school properly hydrated. Poor hydration can have adverse impacts on academic and physical performance.

Solutions

Simple and inexpensive solutions exist. Schools across the nation – from Los Angeles to New York City – have implemented unique and innovative ways to bring water to kids.

Some schools use water dispensers and cups while others depend on water jets and other methods. No one solution fits all.



Although many of these interventions are **inexpensive**, they do require some initial start-up investment and small on-going costs. While some solutions have emerged voluntarily, New York City has issued and implemented an executive order requiring water to be served along with every meal in schools, childcare facilities, and other settings. Recent legislation in Massachusetts requires water to be available during school meals.

Support

Encouraging water consumption is an issue that has **popular, widespread, and growing support**. Nutritionists, oral health experts, pediatricians, and public health advocates all understand the important health consequences.

What can you do?

- Urge legislators to enact stronger nutrition standards in schools by restricting unhealthy sweetened beverages and requiring access to healthy beverages, namely water.
- Work with your local school district to adopt and implement wellness policies to include increased free water availability and promotion.
- Partner with local government, business, and philanthropic interests to dedicate resources and support for increased water consumption in schools.

• Local government: school district, health department, city council, utilities district

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RESOURCES

[Water Safety](#)

[Wellness Policies](#)

[Rethink Your Drink](#)

[Reports](#)

Resources

[California Food Policy Advocates](#) - Check CFPA's website for more information on promoting water in schools, including fact sheets, reports, and policy updates.

[California Project LEAN](#) - California Project LEAN (Leaders Encouraging Activity and Nutrition) is a joint program of the California Department of Public Health and the Public Health Institute. California Project LEAN works to advance nutrition and physical activity policy in schools and communities in order to prevent obesity and its associated chronic diseases. Their efforts are centered around youth and parent empowerment approaches, policy and environmental change strategies, and community-based solutions that improve nutrition and physical activity environments.

[California Obesity Prevention Program \(COPP\)](#) - The California Obesity Prevention Program (COPP) is a Centers for Disease Control and Prevention (CDC) funded program within the California Department of Public Health (CDPH) that is working towards the goal of increasing physical activity, improving nutrition, and preventing obesity among all Californians.

[School Nutrition Association](#) - The School Nutrition Association represents school food service staff across the country. The SNA website has useful updates and resources related to school nutrition.

[USDA, Food and Nutrition Service](#) - The United States Department of Agriculture's Food and Nutrition Service (FNS) administers the school meal programs. The FNS website provides updates, resources, guidance, and more from the federal government on school nutrition.

[Water Woes: Recommendations for Creating Healthier School Environments](#) - This is a great resource from California's [North Coast Nutrition and Fitness Collaborative](#) on the importance of promoting water consumption and the need to do so.

RESOURCES

- Take Back the Tap – Food and Water Watch.
- Water First – www.DrinkWaterFirst.com
- Wellness Policies.
- Evaluation Tools.
- Rethink Your Drink.
- Research and Reports.





How Your Organization Can Promote Tap Water



*The Take Back the Tap guide to healthy,
environmentally friendly water for
your campus, office or public place*

National Policy & Legal Analysis Network

<http://www.phlpnet.org/>



NATIONAL POLICY & LEGAL ANALYSIS NETWORK
TO PREVENT CHILDHOOD OBESITY

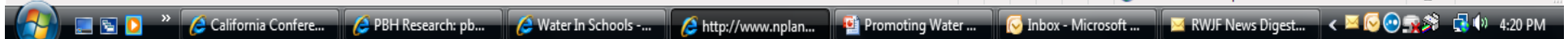


Model Wellness Policy Language for Water Access in Schools



Done

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NEXT STEPS

- CDE and USDA to issue guidance in the coming months.
- Take advantage of innovative partnerships.
 - Community groups, private sector, public health agencies, parents, etc.
- Research needs.
 - How best to get more water consumed in schools?
 - What are the public health and nutrition impacts?
 - How to deal with unsafe water supplies?



RECOMMENDATIONS

- Strengthen competitive food standards
- Include water in wellness policies
- Strengthen water quality monitoring and treatment
- Create funding sources
 - Facilities improvements, water infrastructure funds, public health/obesity prevention funding
- Sugar-sweetened beverage fees



QUESTIONS?

Nicola Edwards, MS RD

Nutrition Policy Advocate

California Food Policy Advocates

213.482.8200

Nicola@cfpa.net

