

PARENTS Rethink Your ^{KIDS'} Drink

When your child is thirsty,
water is the best choice.



Help Kids Choose Water More Often

- Keep a covered pitcher of water in the refrigerator
- Show by example- let them see you drinking water
- Bring ice water along when you leave home.
- Make flavored water at home.

For sugar-free drink recipes, visit:

RETHINKYOURDRINKNEVADA.COM



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