



Healthy Beverages Policy

First 5 Lake strives to promote health and wellness through the promotion of healthy beverages. All First 5 Lake staff, and grantees receiving First 5 Lake funding, are expected to be role models for the families they serve. Given the strong link between sugar-sweetened beverage consumption and obesity, First 5 Lake requires that all beverages served during First 5 Lake funded meetings, programs, activities, events, and celebrations meet the following nutritional guidelines:

Beverages for Children

As mentors and role models for children and families, First 5 Lake recommends that grantees provide the following healthy opportunities to the community:

- Provide water free of charge, served in pitchers rather than individual plastic bottles whenever possible to reduce the environmental impact.
- Healthy beverages for children in addition to water:
 - Skim (non-fat) or 1% milk (non-flavored) for children (ages 2 and older);
 - Carbonated water with no sweeteners, flavored or unflavored;
 - 100% juice portioned according to the American Academy of Pediatrics, 4-6 oz. for children ages 2-6;
 - Consider whole fruit slices instead of juice.

Beverages for Adults

During meetings and events where there are ONLY adults present, the following beverage recommendations apply:

- Water with no sweetened additives;
- Non-caloric beverages, such as coffee and tea;
- Carbonated water with no sweetener, flavored or unflavored;
- Unflavored milk
- Dairy: Non-fat (skim) 1% and 2% only;
- Plant derived; rice, almond, soy, etc.;
- 100% fruit juice

I acknowledge that I have read, understand, and agree with the terms of this policy.

Applicant's Signature _____

Date: _____