

# INTRODUCTION TO **REV YOUR BEV** IN EARLY CHILDHOOD

Healthy hydration starts in early childhood! Habits begin in the earliest years. Because young children spend the majority of their day in child care, it is important that safe drinking water is available at all times- served inside and outside, during meals, and be easily accessible throughout the day. Establishing water drinking habits early protects children's health now and in the future!

## DID YOU KNOW?

- Obesity starts in early childhood. With 1 in 5 children ages 2 – 5 years overweight or obese, prevention efforts must target our youngest children.
- A child's dietary preferences and health foundation is established in early childhood.
- Sugar-sweetened beverages are the only food or beverage that has been directly linked to obesity, a leading cause of heart disease; type-2 diabetes, and some cancers. A typical 20-ounce soda contains 15 to 18 teaspoons of sugar and around of 240 calories.
- Decreasing the amount of sugar sweetened beverages consumed as a child is a first step to developing healthy habits as they get older.

## INCLUDED IN THIS RESOURCE GUIDE:

- Rev Your Bev in Early Childhood overview presentation- share with
- Beverage Guidelines at a Glance
- Water Checklist for Early Childhood Education settings
- Sample healthy beverage policies
- Going "Live" with Rev Your Bev! Email and newsletter templates and social media tools
- Pledge card for staff, students, and parents
- Water recipes
- Virginia Training and Technical Assistance Resources
- National Training and Technical Assistance Resources