

# NATIONAL TRAINING AND TECHNICAL ASSISTANCE RESOURCES ON HEALTHY HYDRATION

**Increasing Access to Drinking Water and Other Healthier Beverage in Early care and Education Settings** – Toolkit from Centers for Disease Control and Prevention guides early care and education programs. <https://www.cdc.gov/obesity/downloads/early-childhood-drinking-water-toolkit-final-508reduced.pdf>

**National Drinking Water Alliance** – Collection of water-promotion activities, research, handouts, and programming for children. <http://www.drinkingwateralliance.org/education-earlycare>

**USDA Choose My Plate:** Newsletters and resources such as Ten Tips Make Better Beverage Choices for families and staff. <https://www.choosemyplate.gov/ten-tips-make-better-beverage-choices>

**National CACFP Sponsor Association** – A week of fun water promotion activities for children can be found here. [http://docs.wixstatic.com/ugd/9c073b\\_1c7d0adc66f84bd19d92b1b63f042904.pdf](http://docs.wixstatic.com/ugd/9c073b_1c7d0adc66f84bd19d92b1b63f042904.pdf)

**Healthy Kids, Healthy Futures** – Take ECE quiz to assess program healthy beverages practices (and child nutrition)! This website offers beverage resources for staff education, family engagement, and activities for children. <https://healthykidshealthyfuture.org/learn-more/quiz/>

