

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_1c7d0aad66f84bd19d92b1b63f042904.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/