



Offer healthy drinks – water and milk!

Healthy drinks help children build and maintain a healthy body. Serve drinks in an open cup.

Drink water!

- Provide water to children throughout the day to keep them hydrated.
- Offer only water between meals and snacks.
- Encourage children to carry their own water bottle during active play, sports, and on the go. Wash reusable water bottles daily in hot, soapy water and clean the lids, straws or spout.



Drink milk!

- Serve milk at meals. Offer milk in 125 mL (1/2 cup) portions.
- Children need 500 mL (2 cups) of milk each day.
- For children 1–2 years old, offer breastmilk or 3.25% (homogenized) milk.
- Once children turn 2 years of age, 2%, 1% or skim milk or fortified soy beverage may be offered.

For more information on [Healthy Drinks, Healthy Kids](#) visit the [Healthy Eating Starts Here](#) website.