

# Sugary Drinks

Approaches to Reduce Sugary Drink Consumption



## School Strategies

School districts can go further than local, state, and federal requirements to limit sugary drinks and increase water access.

## Marketing Restrictions at Schools

School districts can limit marketing of foods and beverages on school property.

## Child Care and After School Restrictions

Child care and after school programs can limit sugary drinks and increase water access.

## Drinking Water Access

School districts and local governments can adopt a variety of policies to encourage fresh drinking water as an alternative to soda and other sugary drinks.

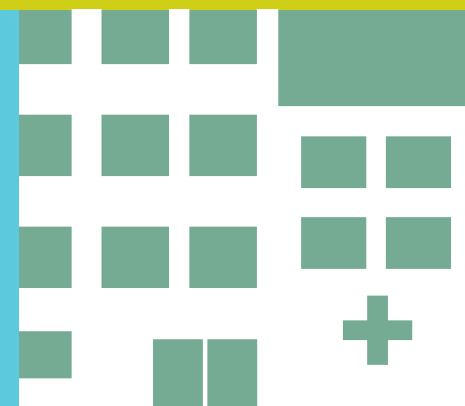
## Government Purchasing

Public institutions can limit sugary drink purchasing through “healthy vending” and other procurement policies.



## Licensing Retailers

A local licensing law could place restrictions on sugary drink sales and encourage the sale of healthier beverages.



## Screening and Counseling

Routine medical and dental appointments could help raise awareness about the risks of excess consumption of sugary drinks.



## Voluntary Organizational Policies

Companies, nonprofits, and other organizations can adopt policies to discourage sugary drink intake, including wellness programs and healthy vending/catering guidelines.