



## SERVE WATER, NOT JUICE

Serve your child water or milk\* as the healthy beverage with meals and snacks! Remember to make water available all day.

*A tip: try child-sized pitchers and cups.*

### WHY?

- Philadelphia has high quality, low-cost tap water
- Juice (even 100%) is very sweet and contributes to cavities. It can also lead to a preference for sweet foods.

*\*Children aged 1, serve whole milk*

*\*Children 2 and above, serve low-fat or non-fat unflavored milk*



## LIMIT SCREENS, MAKE TIME FOR OTHER ACTIVITIES

- Children under 2 – no screen time
- Children 2 and older – under 30 minutes per week

### WHY?

Children who spend less time with screens:



Fall asleep faster  
& sleep longer



Eat  
healthier



Get more  
exercise

*No app or program is as interactive as a parent, caregiver, or playmate.*

PLEASE CONTACT [GETHEALTHYPHILLY@PHILA.GOV](mailto:GETHEALTHYPHILLY@PHILA.GOV) FOR ADDITIONAL INFORMATION

