



SERVE WATER, NOT JUICE

Offer water or milk* as the healthy beverage with meals and snacks! Remember to ensure water is available and easily accessible throughout the 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

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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 teacher, parent, or playmate.

PLEASE CONTACT GETHEALTHYPHILLY@PHILA.GOV FOR ADDITIONAL INFORMATION

