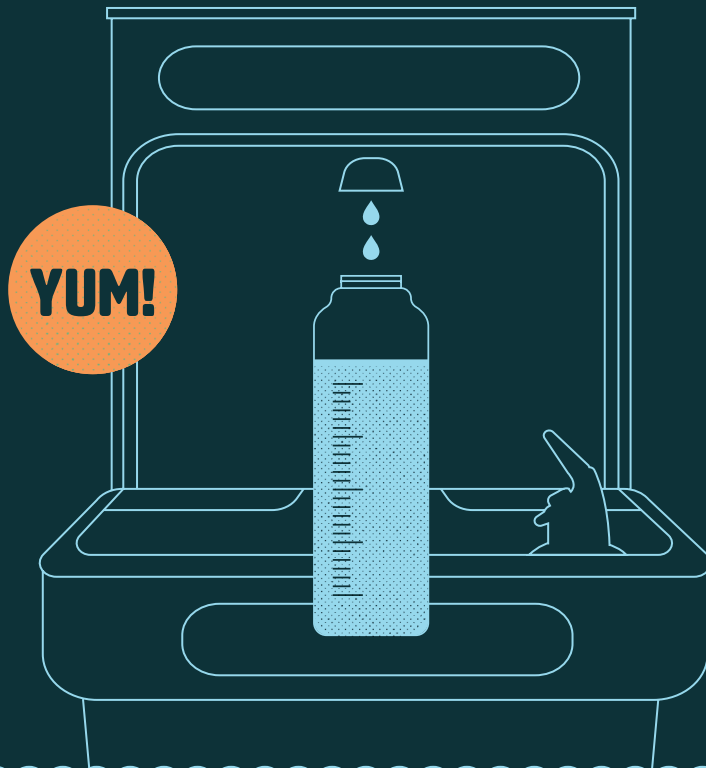


# 54% OF CHILDREN IN THE U.S. DO NOT DRINK ENOUGH WATER.

All School District of Philadelphia schools now feature “hydration stations.”

Hydration stations provide chilled, high-quality tap water via bottle fillers as well as drinking spouts.



Dehydration can put kids in a bad mood, reduce their ability to learn, and in the long run harm their kidneys and metabolisms. Water is the healthiest way to stay hydrated. Philadelphia has excellent drinking water, tested at the source for safety every day. The District also tests all school drinking outlets ([www.philasd.org/waterresults](http://www.philasd.org/waterresults)).

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# LET'S SUPPORT OUR CHILDREN'S HEALTH

We encourage families to ensure students bring a reusable water bottle to school.

## DRINKING WATER IS AN EASY CHOICE. HERE'S WHY:










PHILADELPHIA TAP WATER	A TYPICAL DRINK FROM THE CORNER STORE
	
<b>COST</b> 0	<b>COST</b> \$2.51/day  
<b>AMOUNT OF SUGAR</b> 0	<b>AMOUNT OF SUGAR</b> 14 tsp/day     
<b>HEALTH CONCERNS</b> 0	<b>HEALTH CONCERNS</b> Cavities + T2 Diabetes
	<small>*Recommended maximum is 6 teaspoons of sugar per day.</small>

THAT'S **\$454** AND **23** POUNDS OF SUGAR PER CHILD OVER THE COURSE OF THE SCHOOL YEAR.

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