

FOUR BEST PRACTICES

MAKE SURE YOUR WATER IS SAFE

AND LET THE PARENTS KNOW



MAKE WATER READILY AVAILABLE



OFFER WATER

REQUIRED BY OCTOBER 1, 2017



PROMOTE WATER

Potter the Otter Loves to Drink Water
A la Nutría Potter le encanta tomar agua

A cartoon otter character named Potter is holding a glass of water with a straw. The background is blue with a sunburst pattern.

rethink YOUR DRINK

Potter the Otter's Tips:

- 1 Drink water when you are thirsty
- 2 Limit 100% juice to 4-6 oz. per day
- 3 Serve water or lowfat milk at meals and snack times

Consejos de la Nutría Potter:

- 1 Toma agua cuando tengas sed
- 2 Limita el jugo 100% natural a 4-6 onzas por día
- 3 Sirve agua o leche baja en grasa con las comidas y bocadillos

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FOR EXAMPLE: POTTER THE OTTER



Water in Childcare Settings

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