EFFECTIVE ACCESS to Water in Schools

1. WATER AVAILABLE DURING MEAL TIMES
   Schools participating in the National School Lunch Program must provide free, potable water to students during meal times where meals are served.

2. DRINKING WATER PROMOTION*
   Children drink more water when it is promoted.

3. CLEAN, ACCESSIBLE DISPENSER*
   Children are more likely to drink water from an appealing source.

4. ENSURE WATER IS SAFE
   Schools are responsible for drinking water safety. Learn more about “Drinking Water Safety in Schools” at www.DrinkingWaterAlliance.org/facts.

5. STAFF MODELING
   Be a healthy beverage role model — drink water.

6. MORE THAN A SIP
   Make cups available so children can get more than just a water fountain sip.

7. EASY ACCESS TO WATER
   Allow students to get water during meals.

8. SCHOOL PERMITS REUSABLE WATER BOTTLES

YOUR LOCAL SCHOOL WELLNESS POLICY CAN SUPPORT THESE ACTIONS
   Strong policy language addressing water access promotes wellness, ensures a healthy school environment and helps establish sustainable practices. For sample language, visit www.DrinkingWaterAlliance.org/school-wellness-policy.

*See resources on reverse side for more on promotion and access.
EFFECTIVE ACCESS 
to Water in Schools

Water Works Toolkit
Step-by-step guide to improving water access in schools, including resources on funding and evaluating school water programs.

Keep It Flowing: A Practical Guide to School Drinking Water Planning, Maintenance & Repair
Describes the role of schools, districts, and government entities in running school water programs.

Improving Access to Drinking Water in Schools
Issue brief outlining actions that schools can take to improve water access, including changes that don’t involve plumbing or funding.

Water First: A Toolkit Promoting Water Intake in Community Settings
A resource on promoting water, including sample messages and campaigns. http://bit.ly/2s1Wmtf

From Statute to Tap

A FEW KEY ARTICLES

Increasing Access to Drinking Water in Schools

“Grab a Cup, Fill It Up!”
http://bit.ly/2vz6j1z

“Promotion and Provision of Drinking Water in Schools for Overweight Prevention”

“Perceptions About Availability and Adequacy of Drinking Water in a Large California School District”

“Effect of a School-Based Water Intervention on Child Body Mass Index and Obesity”
http://bit.ly/2uZUYBh

Fact sheet created with funding from Kaiser Permanente. School cafeteria image adapted from one created with funding from the San Francisco Foundation. Content developed by the Nutrition Policy Institute, University of California, Division of Agriculture and Natural Resources. The contents are solely the responsibility of the authors and do not necessarily represent the official views/position of Kaiser Permanente. Icons by PixelBuddha from www.flaticon.com.