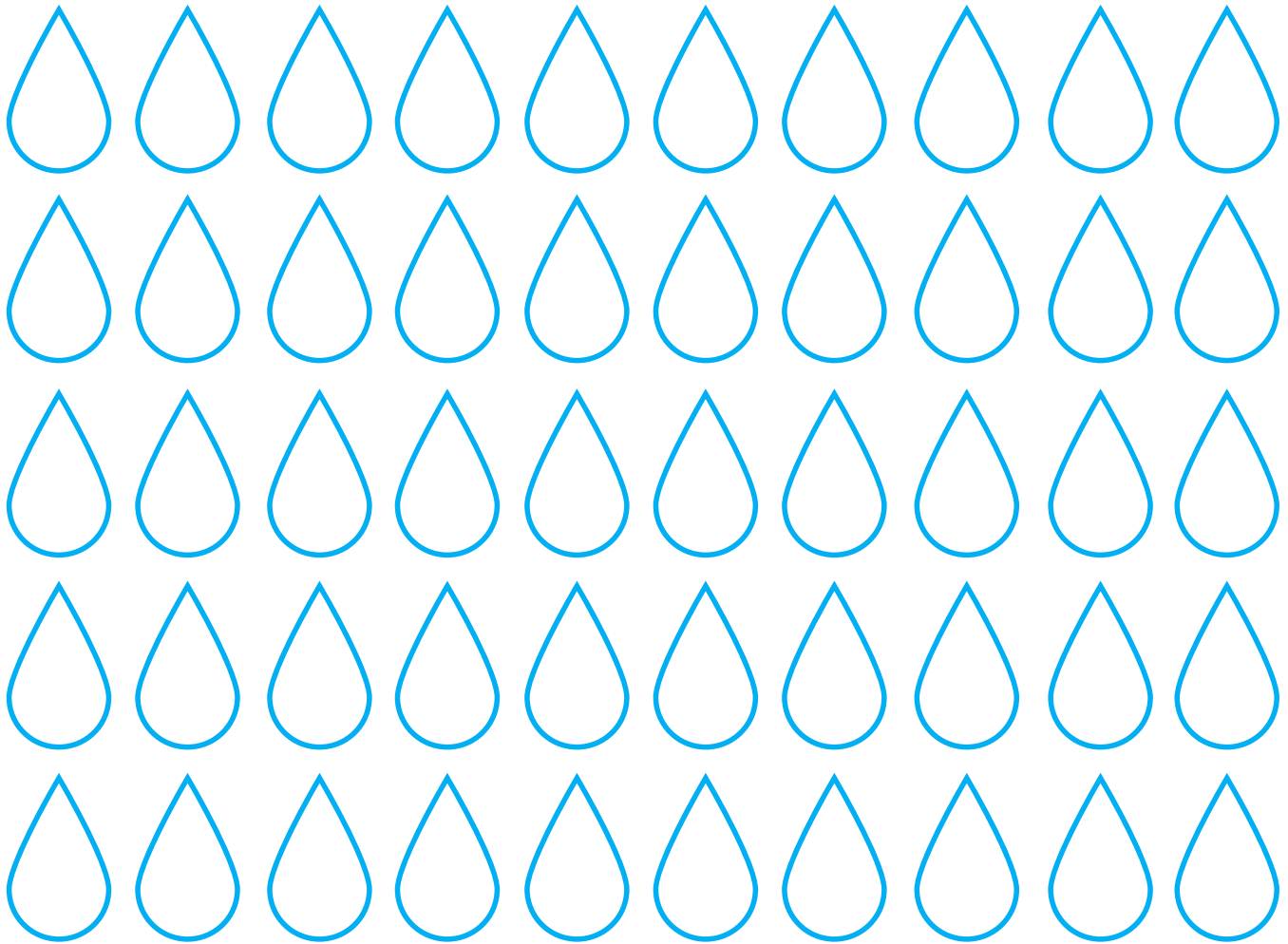


HOW MUCH WATER CAN YOU DRINK?



HEALTHY HYDRATION IS IMPORTANT!

KIDS WHO DRINK 4+ GLASSES OF WATER PER DAY ARE MORE LIKELY TO FREQUENTLY EXHIBIT HEALTHY HABITS, SUCH AS:

- * GETTING THEIR OWN WATER WHEN THIRSTY
- * EATING FRUITS AND VEGETABLES AT MEAL TIMES WITHOUT REMINDERS
- * REQUESTING HEALTHY FOOD AND BEVERAGE OPTIONS FOR SCHOOL LUNCHES