

## TXIN Class Topic – CH -Cool Drinks for Kids

Client-centered nutrition education (CCNE) uses methods like group discussions and activities to engage clients and facilitate learning. Use this template when planning your CCNE to be either in person or virtual.

**Developed by:** State Agency Staff **Date Developed:** July 2023  
*Local Agency Name and Number* *Month/Year*

**Written and Approved by:** State Agency Staff  
*Authors' names, including the Registered Dietitian who approved it.*

Planning and Preparation	
<b>CCNE Title</b>	CH- Cool Drinks for Kids
<b>Description</b> Provide a brief description that can be used for promoting it to clients.	Are you looking for ways to keep your children hydrated without giving them sugary drinks? Join us as we explore simple ways to make water more appealing to your family. We'll explore the truth behind many common drinks and demonstrate recipe ideas that are not only cool for kids but fun for the whole family!
<b>Objectives</b> List what clients should expect to gain from this class.	<b>During the class, clients will:</b> <ul style="list-style-type: none"><li>• Identify recommended drink choices for children</li><li>• Discuss simple ways to drink more water and less sugar-sweetened beverages</li><li>• Describe how to make kid-friendly infused water and ice cubes</li></ul>
<b>Target Audience(s)</b> Who is this class designed for?	Caregivers of children 1 and older
<b>Format</b> Indicate how you plan to deliver this class.	<input type="checkbox"/> In person <input type="checkbox"/> Virtual - Live <input type="checkbox"/> Virtual - Pre-recorded <input checked="" type="checkbox"/> Both (Class can be delivered in person or virtually)
<b>Promotion and Registration</b> Indicate how clients will learn about and join the class.	<b>This class will be promoted in the following ways:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Verbally, such as during counseling</li><li><input type="checkbox"/> Promotional push cards, flyers, etc.</li><li><input type="checkbox"/> Text</li><li><input type="checkbox"/> Email</li><li><input type="checkbox"/> Social Media (give examples in the spaces below)</li></ul> <div></div>

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	<input type="checkbox"/> <b>Website</b> <input type="checkbox"/> <b>Other</b> Local agencies may promote the class however is appropriate for their clients  <b>Select one:</b> <input type="checkbox"/> <b>This class <i>will</i> require registration.</b> <input type="checkbox"/> <b>This class <i>will not</i> require registration.</b>  <b>Describe how clients will register for the class, including links to websites or social media.</b> Local agencies may decide how to register clients for the class.	
<b>Virtual Platform and Client Engagement</b>  If planning a virtual class, indicate which platform and features you will use to engage clients.	<b>Which platform will you use to deliver your virtual class? (Check one.)</b>  <input type="checkbox"/> Facebook Live <input type="checkbox"/> Zoom <input type="checkbox"/> WebEx <input type="checkbox"/> GoToMeetings <input type="checkbox"/> Skype <input type="checkbox"/> Google Meet <input type="checkbox"/> Microsoft Teams <input type="checkbox"/> Other Local agencies may decide to do the class in person or via a virtual platform of their choice.	<b>Which engagement features will you use during your class? (Check all that apply.)</b>  <input type="checkbox"/> Group chat <input type="checkbox"/> Private chat or questions <input type="checkbox"/> Poll questions <input type="checkbox"/> Other response feedback (i.e., thumbs up, emoji, raised hand) <input type="checkbox"/> File or screen sharing <input type="checkbox"/> One-way audio with clients (they can hear you, but you cannot hear them) <input type="checkbox"/> One-way video with clients (they can only see you, but you cannot see them) <input type="checkbox"/> Two-way audio with clients (they can hear you and you can hear them) <input type="checkbox"/> Two-way video with clients (they can see you and you can see them) <input type="checkbox"/> Other
<b>Follow-up</b>  Indicate your plans for offering follow-up information or resources to clients after the class is completed.  This could be a good place to offer additional classes, gather feedback about the class and provide a	<b>How will you follow up with clients after the class? (Check all that apply.)</b>  <input type="checkbox"/> Email <input type="checkbox"/> Text <input type="checkbox"/> Phone call <input checked="" type="checkbox"/> Other Local agencies may decide what works best.  <b>What information or resources do you plan to share with clients when you follow up after the class?</b>  <a href="https://Healthydrinkshealthykids.org">Healthydrinkshealthykids.org</a> has great videos featuring healthy drinks for kids.  <b>Visit <a href="https://TexasWIC.org">TexasWIC.org</a> and check out these sections:</b> <ul style="list-style-type: none"> <li>• Health &amp; Nutrition - Learn more about <u>raising a healthy eater.</u></li> <li>• Classes - Take another <u>WIC online class or attend a live discussion.</u></li> <li>• Kids - Get inspired with <u>fun activities to do with kids.</u></li> <li>• <u>WIC Foods &amp; Recipes - Cook up tasty recipes for the whole family to enjoy.</u></li> </ul>	

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certificate of completion.	<p><b><u>Our <a href="#">Healthy Texas Kids YouTube channel</a> has fun kids' videos for improving nutrition, mental and physical health.</u></b></p> <p><b><u>These can be shared verbally for in-person class or via chat or follow-up email.</u></b></p>
<p><b>Staff</b></p> <p>Describe the role of each staff, including whether they are presenting in person, on screen or conducting technical tasks or other roles.</p>	<p><b>In-person:</b> At least one staff member will lead the class.</p> <p><b>Virtual:</b></p> <ul style="list-style-type: none"> <li>• Host/Moderator – Staff member will be off-screen controlling the technical side of this class, making sure the video is working properly and answering any questions that come up in the chat box</li> <li>• Activity Leader(s) – Staff member(s) will be on-screen leading the class discussion and activity</li> <li>• Note – Host/Moderator and Activity Leader roles may be combined so the class is taught by one staff person</li> </ul>
<p><b>Location and Set Up</b></p> <p>Describe the location of your class. What kind of set up is needed?</p>	<p><b>In-person:</b> Classroom or large space with clients seated in a circle or semi-circle around the demonstration area. Leave room for baby car seats.</p> <p><b>Virtual:</b> Quiet space with minimal background distractions and noise while on camera.</p>
<p><b>Materials and Resources</b></p> <p>List what you will need for your class (i.e. laptops, projector, flip chart, props, food, audiovisuals, handouts, etc.)</p>	<p>This class has 2 activities, including a demo and taste test of flavored water. If you are unable to purchase food, tailor the script to meet your audience (suggestions are listed throughout).</p> <p>Facilitator Props (If using 2 facilitators, divide the script and props accordingly.)</p> <ul style="list-style-type: none"> <li>• Activity 1 – Sugar Content <ul style="list-style-type: none"> <li>○ Four assorted beverages with brand labels covered: PediaSure or similar toddler supplement, Capri Sun or similar fruit beverage pouch, 12 oz. Coca Cola, kid's cup from restaurant, Gatorade or similar sports hydration drink, 16 oz. chocolate milk, blended Naked brand smoothie or similar pre-made retail smoothie drink.</li> <li>○ Three standard milk chocolate bars (~25 g sugar each) with brand label removed or covered.</li> <li>○ <i>Alternate option if food and beverage cannot be purchased-</i> print the Cool Drinks Sugar Content cards</li> </ul> </li> <li>• Activity 2 – Infused Water Demo and Taste Test <ul style="list-style-type: none"> <li>○ Assorted small colorful plastic bowls, cups and straws</li> <li>○ Cutting board with small knife and/or children's plastic knife</li> <li>○ Assorted cookie cutters</li> <li>○ Clear pitcher (glass or plastic)</li> <li>○ Spout-style plastic pitcher</li> <li>○ Large platter or cutting board for display</li> <li>○ Assorted fruit, vegetable and herbs prepared as described below</li> </ul> </li> </ul>

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- Pitcher with infused water recipe based on season (see picture for additional ideas)
- **Spring/Summer Recipe - Super-Star Fruit Water:** watermelon cut into large and small stars with cookie cutter, smashed or halved blueberries and torn/chopped basil leaves
- **Fall/Winter Recipe – Stars & Moon Water:** honeydew cut into large and small stars with cookie cutter, orange slices and torn/chopped basil leaves.

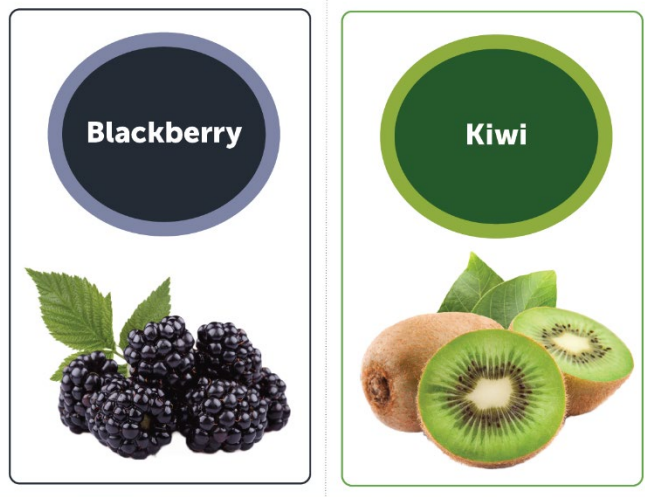


*Spring/Summer Recipe*



*Fall/Winter Recipe Example*

- Alternate Option - Use Cool Drinks Cards



### Notes/Script

#### Opening and Introduction

Introduce facilitators or guests and the topic.

Welcome to today's discussion on Cool Drinks for Kids. My name is \_\_\_\_\_.

Today we're going to talk about exploring simple ways to make water more appealing to your family. We'll explore the truth behind many common drinks and show you fun, tasty recipe ideas for you and your family. We are so happy to have you here today.

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<p>Encourage clients to share their demographic information.</p> <p>Review any relevant technical details and ground rules with clients.</p>	
<p><b>Icebreaker</b></p> <p>Anchor the class topic to the clients' lives. Use a visual, do an activity or ask a question to engage with clients.</p> <p>The icebreaker should go beyond where clients are from (location) and their basic demographics.</p>	<p>Ask clients to <b>introduce themselves</b> and give the <b>name(s) and age(s) of their children</b> and use one or more of these questions. <b>Virtual</b> - Ask clients to enter this information in the chat box or use polling questions.</p> <ol style="list-style-type: none"><li>1. <i>Name a drink that your family likes to keep in the fridge all the time.</i></li><li>2. <i>What is your or your child's favorite drink?</i></li></ol>
<p><b>Activities and Discussion</b></p> <p>Make sure to include activities and open-ended questions throughout the class to engage clients.</p> <p>Keep in mind that activities and conversations</p>	<p>This lesson can be offered in a variety of platforms – in-person or virtually. If the platform does not allow clients to respond verbally, encourage clients to respond in the chat box.</p> <p><b><u>Activity 1:</u></b></p> <p><i>You have an opportunity to set healthy habits for your children by choosing healthy drinks, but it can be hard sometimes. It's natural for children to like sugary drinks, and they've become so common. Plus, beverage marketing, such as drink packaging and advertising, makes it seem natural and even healthy to choose sugary drinks for ourselves or our kids. Many of these brands add pictures of fruits and vegetables or claim that their drinks are a good source of vitamins. However, the drink inside usually has a bunch of other "stuff" like added sugars. Our bodies need sugar for energy - however, it's important to be aware of how easily you can consume a large amount of added sugar in drinks. Today, we're going to learn about hidden sugars found in common drinks, so you have the tools and knowledge you need to help your child choose water and other drinks that carry more nutrition.</i></p>

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should enable clients to meet all of the learning objectives.

*Here are a few common examples. It can be challenging to visualize the amount of sugar in drinks because it's a liquid and it often doesn't make us feel as full as foods. To help with this, I'll show you all different types of drinks and I want you to guess how much sugar equivalent to chocolate (that's right, CHOCOLATE!) is in each one.*

[Facilitator shows drink containers with brand labels removed or covered. Facilitator prompts the audience to guess how much sugar they think is in each drink, then shares visuals of sugar content with sugar or candy bar equivalents using one standard-size milk chocolate bar, which weighs 1.55 ounces and has 25 g of sugar.]

**Alternate option** – [facilitator can use Cool Drinks Sugar Content Cards for each of the beverages. One side displays the beverage and the other displays the sugar content and visual of # of candy bars]



Example: (brand names removed etc.)

**Facilitator holds up fruit beverage pouch** (i.e. 6 fluid ounces Kool Aid or Capri Sun) – 4 tsp. (16 g) of sugar per pouch, which is equivalent to approximately  $\frac{3}{4}$  of the standard-size chocolate bar.

*This is a fruit-flavored drink in a pouch. These often have fruits and veggies on the label but rarely have any actual fruit juices. They are more like sugar-sweetened water. The amount of sugar in one pouch is equal to the amount of sugar in  $\frac{3}{4}$  of the standard-size chocolate bar! You may be familiar with similar fruit drinks that come in fun colors, shapes and characters. One big difference between these drinks and the juice you receive from WIC is that these are not 100% fruit juice. Fruit naturally contains sugar, which means juice does too. Fruit-flavored drinks typically have added sugar, which is different from 100% fruit juice.*

**Facilitator holds up soda can** (i.e., 12 fluid ounces Coca Cola) – 9.75 tsp. (39 g) of sugar per can, which is equivalent to approximately  $1\frac{1}{2}$  of the standard-size chocolate bars.

*You are probably familiar with the amount of sugar in soda - here is a dark cola, how much sugar do you think is in here? This is a little more than  $1\frac{1}{2}$  chocolate bars as well.*

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*Here is another one. I often hear parents say they let their kids choose lemonade instead of soda, thinking it is a better choice.*

**Facilitator holds up restaurant style kids sized cup to demonstrate lemonade** (i.e., 8 fluid ounces kid's cup of Minute Maid lemonade from restaurant) – 8 tsp. (32 g) of sugar per cup, which is equivalent to approximately 1 ½ standard-size chocolate bars.

*But this has just as much sugar as the soda! And if you are dining in, it's easier to fill up on sugar with those free refills. Try this tip to drink less added sugar: Dilute it with water – half water, half lemonade.*

*While it seems like mostly water, even sports drinks can hide sugar. How much sugar do you think is in this one?*

**Facilitator holds up sports rehydration drink** (i.e. 12 fluid ounces Gatorade) – 5 tsp. (21 g) of sugar per bottle, which is equivalent to approximately 1 of the standard-size chocolate bars.

*It's about the same amount of sugar as found in 1 chocolate bar. Keep in mind, Gatorade comes in many sizes - the largest size, 28 oz, contains 49 g of sugar, approximately 2 chocolate bars. These drinks were created for professional athletes, who need the extra salt and sugar to refuel after a big game. Water is a great choice instead to quench kids' thirst after active play.*

*What do you think about chocolate milk?*

**Facilitator holds up chocolate milk** (i.e. 16 fluid ounces Borden) – 13.75 tsp. (54 g) of sugar per bottle, which is equivalent to approximately 2 standard-size chocolate bars

*Half of this bottle has 27 grams of sugar! That's about the same amount of sugar in a standard-sized chocolate candy bar in just HALF of this bottle. The full bottle is equal to 2 chocolate bars. Milk naturally contains sugar, along with important nutrients like protein and calcium. Chocolate or other flavored milks have **added sugar**. If your kiddos love flavored milk, try mixing it yourself, but gradually decrease the amount of syrup or flavoring to lower the amount of added sugar.*

**In-person:** Now that we've reviewed these drinks, I'm going to pass around these cards for you to look at what we just talked about. What in this activity surprised you?

**Virtual:** Now that we've reviewed these drinks, let's take a look at some slides for comparison. Is there anything about this activity that surprised you? Feel free to type in the chat box.

**MODERATOR:** Share *Hidden Sugars* media and move slides forward/back.



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(Facilitators to acknowledge responses while media is displayed.)

**MODERATOR: Close *Hidden Sugars* media after discussion**

### **[Resume Script for Both In Person or Virtual]**

*Sugar itself is not bad, but it's good to think about how many added sugars your child may be getting from just their drinks. All drinks and food can fit into a part of a balanced diet. The goal of this activity was to show you the amount of added sugar in drinks so that you can make an educated decision about the drinks your family enjoys. Children set their preferences for food and drinks at a young age. That means when children are offered these kinds of drinks, they not only learn to crave them for now but sometimes it becomes a habit for life. You have an exciting opportunity to set a lifelong love of healthy drink choices for your child.*

*After hearing about all these drinks with added sugar, you might be wondering what are drink recommendations for our children? These specific recommendations are for kids 1 year and up. Water is the best choice for quenching thirst throughout the day. Milk is also a good choice but limit it to 2 cups per day. Milk provides protein, Vitamin D and calcium – which are important for growing kids. One cup is 8 oz, and you can even break this up throughout the day for little ones.*

*This is what those amounts look like.*

**Facilitator holds up props as visual:** Two 8 oz cups of plain milk; 4 oz juice in a cup.

*If you offer juice, only provide small amounts of 100% fruit or vegetable juice — up to 4 ounces total per day. We often get this question - when should kids start drinking juice? It's actually an optional beverage and is actually a food kids do not need for healthy growth.*

*How are you feeling about these amounts? What questions do you all have? (facilitated discussion)*

### **Activity 2: Infused Water Demo and Discussion**

**[Note for Facilitator – if unable to purchase food supplies, discuss making the water at home.]**

**[Props: Fruit and herbs, cookie cutter, pitchers for dispensing drinks, and cups]**



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*If your kids are already enjoying these drinks – that is ok. There are lots of fun ways to get your kids more interested in water, like this next activity.*

*What are ideas you've used at home to get your little ones excited about drinking water?*

[Possible responses – adding fruit, freezing ice cubes, special cups or straws

Facilitator acknowledges and encourages responses.] *Those are great ideas!*

*Let's explore some ways to make water fun and interesting for your child. I'm going to show you how to make tasty, infused water and a few other ideas for getting your family to enjoy the switch from sugary drinks. I'll go over several different ideas, but I want to emphasize that children can be sensitive to change so it's best to have fun and be gradual when trying new things.*

*Infused water is a great, fun way to make water interesting and add flavor without all the other added "stuff." It's super simple and just involves taking some of your favorite fruits, vegetables or herbs and adding them to water. The flavors from the foods add a refreshing twist to plain water.*

*Today I'm going to show you \_\_\_\_\_ (name of the recipe of your choice – Super-Star or Stars & Moon Water) which I have already started in this pitcher here. Using a fun name is a great way to get your child excited about trying something new.*

*It's super easy and fun! For this recipe, we'll be using \_\_\_\_\_ (describe ingredients, such as watermelon or honeydew melon depending on recipe chosen) and making fun shapes with cookie cutters. You can use whatever shape your child likes best. I have small and large options here (hold up to screen and discuss).*

- *Simply take a nice flat wedge of melon like this (hold up cutting board) and press the cookie cutter into the melon. Cantaloupe, honeydew and watermelon offer great flavors. Feel free to use what your child likes the best and what you have on hand.*
- *Add the fruit to a pitcher with plain water (add fruit pieces to pitcher while talking). You can add as much as you'd like. It does take some time for the fruit flavors to infuse into the water, so I recommend making them a few hours in advance although some kiddos are eager to drink it right away.*

*It is fun and kids love the different shapes – let your child pick out their favorites. Letting your child help make the water makes it more likely that they'll try it. Some kids might even get excited about tasting the ingredients. Feel free to encourage your child and make it fun!*

*For this water, I've also added in \_\_\_\_\_ and \_\_\_\_\_. (Describe any herbs and/or fruit used depending on recipe chosen, holding up bowl of the ingredients. Demonstrate and describe steps for preparing fruit such as slicing/smashing and add to the water while speaking).*

*If using blueberries or other round fruit: Round fruit can be a choking hazard for children under 4. Be sure to slice the fruit in half or have your child help mash it between their fingers.*

*If using basil: Basil grows so well here in Texas and makes a great addition to this water. Roll, tear or chop the leaves to help them release their wonderful flavors before adding them to the water*

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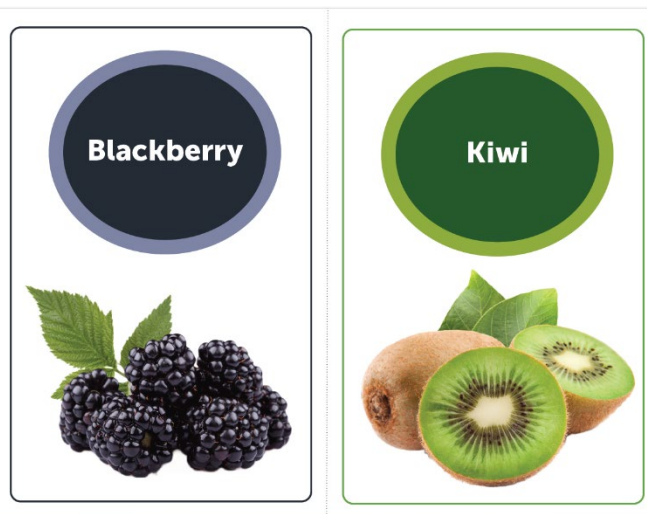
(Demonstrate and add to pitcher). Little ones can help pull leaves or tear pieces to add to the water.

Take a moment to talk about the great smells and feelings of the ingredients with your child. The flavors from the produce and herbs will get stronger with time but you can usually get a nice refreshing water in as little as 30 minutes to an hour. As a reminder, be sure your child is developmentally ready for any pieces of fruit to help prevent choking. You can take out chunks before serving.

Show the final product: So now we have all of our ingredients for our infused water, it's time to taste it!

**[In-person]** – Pour water into cups and pass them out to clients. Ask clients to share what they think about the drink.]

[Display Cool Drinks Flavor Cards and invite clients to make their own flavor combinations.]



**Virtual:**

**MODERATOR: Share respective media slide showing flavor options**



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### Resume Script for Both In Person or Virtual

*The possibilities are endless for making the swap to a fun, infused water. Here are several options of fruits, veggies and herbs. Pick 2 or 3 that you think might taste good together – your kids can help too! By including your kids in choosing the fruits and veggies for the water, you are offering them a chance to explore fruits and vegetables in a new, fun way. For kids that are going through their picky-eating phase, this is a great first step in trying something new.*

*What combos are you excited to try? Please share your ideas.*

Facilitator acknowledges responses.

*These ideas are so great for adults and kids. I love to make infused water in a clear pitcher for family meals or parties as a fun option instead of plain water. You could even set up a choose your own water station with bowls of different fruit and veggies options. Everyone can build their own tasty drink!*

### **In-person** –

Share the combos provided on the slides

- Lemon, raspberry, rosemary
- Orange, blueberry, basil
- Watermelon, blueberry, basil
- Lime, ginger, basil

### **Virtual** -



*Fall/Winter Option*

*Spring/Summer Option*

**MODERATOR: Share respective media slide showing flavor pairings for infused water.**

*Wow, these look so delicious. Type in the chat box if any of these look like something you want to try.*

(Facilitator acknowledges responses.)

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*Here are a few other great ideas for pairing:*

- *Strawberry-lemon: This one is great for those who like lemonade. Strawberries and lemon make a nice sweet and tart combination. You can use fresh or frozen berries.*
- *Cucumber-lime-mint: This is cucumber, lime and mint. You can slice cucumbers and lime, then add the mint the same way as we did the basil. This is a refreshing and cooling twist on plain water.*

*You can use whatever pitcher or container you have to make infused water. I used this glass pitcher here to help demonstrate today, but this may not be realistic with small children.*

*(Hold up plastic pitcher with spout.) Here I have a plastic spout container which is great to keep in the fridge, so your children have access to water anytime they want. Using a special cup or straw can also be helpful to get your child excited about water. Kids start to explore their independence, so it can help their willingness to try new foods and drinks if they get to do some things by themselves. For this spouted pitcher, you may want to strain out the fruit.*

*Tip: Treat infused water just like you would fresh produce. Be sure to keep it in the refrigerator and discard it after two days.*

*Do your kids ever crave a fizzy drink? We have ideas for that too. You can simply add plain unflavored sparkling water for a little fizz. Just like we mentioned with lemonade, you can start with half infused water and half plain sparkling water then slowly use less sparkling water over time. This is something you can do with any drink transition – like whole milk to low fat milk or juice.*

**MODERATOR: Remove media after discussion.**

**Resume script for both in-person and virtual**

*One other idea I wanted to share for making water fun is making ice cubes! We like to call them “flavor-floats,” but you can get creative with whatever name you come up with. Have your child help you make their favorite flavors and keep them on hand in your freezer to add to their drinks.*

*To make flavored ice cubes, you can simply chop, mash or juice different fruits and add them to an ice cube tray. For added flavor and color, you can mix in herbs. Add them to an ice cube tray — either plain or with added water — and freeze until firm! Many of the combos you just made would be great for ice cubes too! You can even freeze fruit or use frozen fruit for an all-in-one ice cube. Have any of you tried this at home?*

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<b>Closing and Evaluation</b>  Review key points and tie in the icebreaker activity.  Invite clients to share how they will use what they learned in the future.  Let clients know you will follow-up with them via email, text or other method.  Thank everyone for attending and participating.  Cover any additional resources or reminders, before ending the class.	<p><i>The possibilities for creating flavorful drinks for your entire family are endless. Use your family's favorite fruits, vegetables and herbs to create flavor combinations. And remember to have fun! With time, your child will be reaching for water — flavored or not — as their first choice to quench their thirst.</i></p> <p><i>What is one thing you want to do to make water more fun – it could be something you learned today or something you are already doing?</i></p> <p><i>If you have any questions we haven't talked about, please feel free to ask us now! Take a moment to let us know in the chat box.</i></p> <p>(Facilitator responds to questions and answers, reinforcing any nutrition topics.)</p> <p><i>You are powerful in teaching and creating habits for a lifetime for your child. Think about what your child might miss out on if they reach for sugary drinks that fill them up as they grow up. Small changes can make a big difference for your child. You can be a role model for your kids by drinking water throughout the day.</i></p> <p><i>Thank you for spending this (morning, afternoon or evening) with us. This ends today's live discussion.</i></p> <p><b>Virtual</b> – Provide instructions for how clients can receive credit for the lesson and obtain benefits.</p>
<b>Supplemental Information</b>  Describe attachments and other needed information.	<p>These resources are for the facilitator to use only as needed for questions and answers.</p> <p><b><u>Full Beverage Recommendations, if needed</u></b></p>

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Table from the 2019 Technical Report *Healthy Beverage Consumption in Early Childhood* (Healthy Drinks, Healthy Kids) located at <https://healthydrinkshealthykids.org/app/uploads/2019/09/HER-HealthyBeverageTechnicalReport.pdf>

**Table 1: Summary of Recommendations for Healthy Beverage Consumption, Ages 0 to 5 Years<sup>b</sup>**

		0-6 months	6-12 months	12-24 months	2-5 years	Notes
Beverages Not Recommended as Part of a Healthy Diet	Plant milk/non-dairy beverages	Not recommended	Not recommended	Not recommended for exclusive consumption in place of dairy milk; consume only when medically indicated (e.g., cow's milk allergy or intolerance) or to meet specific dietary preferences (e.g., vegan)	Consume only when medically indicated (e.g., allergy or intolerance) or to meet specific dietary preferences (e.g., vegan)	Consumption of these beverages as a full replacement for dairy milk should be undertaken in consultation with a health care provider so that adequate intake of key nutrients commonly obtained from dairy milk can be considered in dietary planning.
	Flavored milk	Not recommended	Not recommended	Not recommended	Not recommended	Added sugars intake should be avoided in children <2 years old and minimized in children 2-5 years old to avoid contributing to early establishment of a preference for sweet taste as well as potential negative impacts on nutrient intake and diet quality.
	Toddler milk	Not recommended	Not recommended	Not recommended	Not recommended	These products offer no unique nutritional value beyond what a nutritionally adequate diet provides and may contribute added sugars to the diet and undermine sustained breastfeeding.
	Sugar-sweetened beverages (SSBs)	Not recommended	Not recommended	Not recommended	Not recommended	Strong evidence demonstrates the adverse health effects of SSBs, which include, but are not limited to, soft drinks/soda, fruit drinks, fruit-flavored drinks, fruitades, sports drinks, energy drinks, sweetened waters, and sweetened coffee and tea beverages.
	Beverages with low-calorie sweeteners (LCS)	Not recommended	Not recommended	Not recommended	Not recommended	This recommendation is based on expert opinion given that early childhood is a critical developmental period, and there is a lack of evidence regarding the long-term health impact(s) of LCS consumption in young children.
	Caffeinated beverages	Not recommended	Not recommended	Not recommended	Not recommended	Caffeinated beverages are not appropriate for young children.

*Notes: All amounts listed are per day, unless otherwise noted; 1 cup = 8 fluid ounces.*

### **Breastfeeding information, if needed**

If you are breastfeeding your child, that's great! Breastmilk continues to provide nutrition and benefits to your child after they turn 1. In fact, the American Academy of Pediatrics recommends breastfeeding until age 2 or as long as the mother and child desire. Depending on how many times your child breastfeeds, your child may or may not need extra nutrition from cow's milk or another non-dairy milk. If you prefer not to give milk to your breastfed child, your child can get nutrients from other dairy foods like yogurt and cheese or non-dairy sources like tofu and leafy green vegetables.

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### **Cups and tooth decay information, if needed**

Introduce a cup when your baby starts solid foods. Start by letting him play with an empty cup. Offer a total of 4-8 ounces of water a day from cups during meals and snack time. He will be messy and spill often but be patient. He will learn with time. Once he gets used to water in a cup, begin offering small amounts of breastmilk or formula. You can put small amounts (1-2 oz) of water, breastmilk or formula when you offer your baby the cup at meal and snack times. Babies do not need juice or any other sweetened drinks. Juice and sweetened drinks (like sports drinks and punch) have a lot of sugar and can leave your baby too full to eat other healthier foods.

Children who use sippy cups all day or have too many sugary drinks can develop tooth decay. The teeth are bathed in sugar, leading to cavities, especially on the upper front teeth. Tips to reduce the risk of developing cavities (caries) during early childhood (formerly known as baby bottle tooth decay):

- Plain water is the only drink you should allow your child to have free access to. Milk and juice should only be given during mealtimes and limited to the amounts we discussed.
- The best way for your child to consume any beverage is with an open lid cup. The more they practice, the better they will get and the less mess you will have to clean up! If you are on the go, offer your child water in a travel cup.
- Do not allow children to hold on to sippy cups with milk or sweetened beverages all day or during sleep. Never use bottles for juice or sweetened beverages.
- At WIC we recommend weaning from the bottle by 15 months of age. Practice offering a cup to your child regularly beginning at 6 months to help make the weaning process go more smoothly.

Dental health, like the other aspects of a child's health, benefits from planning regular meals and snacks and not allowing free access to food between meals.

### **Special note for plant-based milks, if needed:**

Most plant-based, non-dairy milks aren't recommended as a complete dairy milk replacement for young children as the nutrient content of these milks varies widely. With the exception of fortified soy milk, these milks are not adequate nutritional substitutes for dairy milk, which has many nutrients essential for healthy growth and development. Some plant-based, non-dairy milks have added nutrients, such as calcium and vitamin D, but the amounts vary by type and brand. Unsweetened and fortified non-dairy milks may be a good choice if your child is lactose intolerant or allergic to dairy milk, or if your family has chosen not to drink cow's milk. Be sure to consult with your pediatrician or a registered dietitian to choose a milk substitute for your child and discuss how to make sure his overall diet has enough of the key nutrients found in milk, such as protein, vitamin B12, calcium and vitamin D. Fortified soy milk and tofu are available through WIC.

### **Special note for prescription formulas, if needed:**

Some children may need additional nutrition from therapeutic formulas. Texas WIC can help provide therapeutic formulas to eligible WIC clients if there is documentation of a qualifying medical condition from a health care provider. Your health care provider will need to complete a Texas WIC prescription form. Your local WIC staff will review the written request and determine if it is approved. Approval is based on WIC state policy and federal regulations. Talk with your WIC clinic if you have a child who is on a specialty formula for a medical condition.