



SERVE WATER, NOT JUICE

Serve your child water or milk* as the healthy beverage with meals and snacks! Remember to make water available all day.

A tip: try child-sized pitchers and cups.

WHY?

- Philadelphia has high quality, low-cost tap water
- Juice (even 100%) is very sweet and contributes to cavities. It can also lead to a preference for sweet foods.

**Children aged 1, serve whole milk*

**Children 2 and above, serve low-fat or non-fat unflavored milk*




LIMIT SCREENS, MAKE TIME FOR OTHER ACTIVITIES


- Children under 2 – no screen time
- Children 2 and older – under 30 minutes per week

WHY?

Children who spend less time with screens:

 Fall asleep faster
& sleep longer

 Eat
healthier

 Get more
exercise

No app or program is as interactive as a parent, caregiver, or playmate.

PLEASE CONTACT GETHEALTHYPHILLY@PHILA.GOV FOR ADDITIONAL INFORMATION

