

## BEVERAGE GUIDELINES



# HAPPY HYDRATION

In addition to being simply delicious, water promotes optimal brain health, so we can all function at our best.

## WHAT WORKS WELL



WATER



WATER FLAVORED  
WITH SLICED FRUIT



CARBONATED  
WATER



NATURALLY  
FLAVORED  
CARBONATED  
WATER



LOW-FAT MILK &  
NON-DAIRY ALTERNATIVES



To stay happily hydrated, students and staff are encouraged to carry refillable water bottles and enjoy the safe, clean drinking water freely available all day, every day.

## WHAT DOESN'T WORK WELL

Sweetened beverages. Caffeinated beverages. 100% fruit juice.

Beverages with added sugar, high fructose corn syrup, artificial sweeteners, or caffeine cannot be sold or served to students, staff, or families at any time on any district property. This includes sodas, diet sodas, energy drinks, sports drinks, flavored waters, sweetened ice teas, sweetened juices, juice nectars, and fruit punches.



Adult vending machines may contain unsweetened coffee or tea beverages.



We will explore the possibility of phasing out chocolate milk. In the meantime, it's possible to serve flavored milk as long as it doesn't contain high fructose corn syrup and it has less than 30 calories or 7.5 grams of added sugar.



Sweetened beverages promote excess calorie intake with little to no nutritional value added. Research links major risk factors for obesity, diabetes and other chronic diseases to unhealthy habits, often established in childhood.



**be well. do well.**

THE NEW SFUSD WELLNESS POLICY

[sfusd.edu/BeWell](https://sfusd.edu/BeWell)