

GOAL

Encourage caregivers to offer more water to the children in their care and limit beverages with added sugar.

OBJECTIVES

- ✓ Understand how sugary drinks impact health.
- ✓ Learn about variety of healthy beverages that you can make at home.

KEY MESSAGES

- ✓ Drinking more water and low-sugar drinks can help your kids avoid tooth decay, cavities, and other health problems – all while saving you money.
- ✓ You can make drinks at home with a few ingredients commonly found in the WIC package.
- ✓ Make your own drinks at home together – it's an activity for you and your kids to enjoy, and builds healthy habits.

MATERIALS

PowerPoint presentation (optional) • Flip chart or online space for sharing participants' answers to open-ended questions • Embedded or linked YouTube videos • Links to recipes, website, and social media to provide in chat and follow-up email • Handouts selected • Recipe ingredients and equipment

KIDS' ACTIVITY OPTIONS

We have provided a booklet of activities that can be used with kids. The following are suggestions for specific activities that may be complementary to what caregivers are learning in this lesson. **You are not limited to this list** – feel free to use whatever activities are most appropriate for your situation.

Note that some activities are written for the whole family, but can be easily modified for an activity with only kids.

- For younger kids:
 - Fruit vs. Juice, page I-46
 - Fruit and Veggie Mystery Bag, page 2
- For older kids:
 - Healthy Drink Taste Test, page 28
 - Sugar Shocker Handout, page 82 of kid's activity bank
 - Snack and Drink Crossword, page 35
 - Label Reading Word Search, page 36

CAREGIVER HANDOUTS

We have provided a comprehensive set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. **You are NOT required to provide all of these handouts as take-homes** (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that **at a minimum you provide a printed copy of the recipe(s) you prepared in class, as well as the Making It Work at Home handout**. All of these items can be sent electronically or mailed to the participant – whatever is feasible at this time for your organization.

Check off the handouts you plan to reference during class

- Drink to Your Health
- Cut Back on Added Sugar
- Reading Food Labels
- Make Your Own Fruit Smoothies
- Making it Work at Home**

RECIPE OPTIONS

Choose a **variety of beverages to demonstrate on screen**, including different variations on the same theme (e.g., two different types of smoothies). The following chart provides some ideas. You may use other recipes if you wish – see CookingMatters.org/recipes for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines.

To work within a 30-minute lesson, please read the recipes carefully and determine whether you need to prepare any ingredients in advance to fit within your timeframe. Please also note that you can use recipe videos as well if you are not able to demonstrate the recipe.

Drink Ideas: Use any drinks that are low in added sugar.			
Recipe Ideas	Prep and Cook Time	Time Saving Tips	Talking Points
Make Your Own Fruit Smoothies handout	Prep time: 10 minutes Cook time: 0 minutes	Make a variety of smoothies in advance. Allow caregivers to taste all of the types in addition to the option they make in the lesson.	"A smoothie can be a great meal, especially when you need a quick breakfast for on-the-go. You can add whatever frozen fruits you like, some water, milk, or 100% juice, and even a vegetable like spinach. "Smoothies are a good way to get lots of nutrients along with calories from a drink, instead of drinking sugary beverages with lots of calories but little nourishment."
Any of the drink options from Healthy Drinks Taste Test activity	Prep time: 5 -10 minutes Cook time: 0 minutes	Make a variety of flavored waters in advance. Allow caregivers to taste all of the types in addition to the option they make in the lesson.	"Flavoring water with fruit or herbs is a great way to increase its appeal to kids who need to hydrate. You can just fill up a jar or pitcher and leave it in your fridge to use as needed!" "Cutting fruit juice with seltzer, or plain water, is a great way to save money by stretching out the juice AND a great way to reduce sugar for your kids."

Recipe Ideas	Prep and Cook Time	Time Saving Tips	Talking Points
Raspberry Lime Fizz	Prep time: 10 minutes Cook time: 0	No advanced prep needed.	<p>"Cutting fruit juice with seltzer, or plain water, is a great way to save money by stretching out the juice AND a great way to reduce sugar for your kids."</p> <p>"This recipe is a great healthy substitute for punch at parties – fewer ingredients, less sugar, but still pretty and refreshing!"</p>

CLASS TIME

PAPERWORK (5 MINUTES):

Welcome participants as they arrive. While you wait for the full group, ask participants what they hope to learn in this lesson.

MAIN COURSE: LESSON TOPIC (22 MINUTES):

INTRODUCTION: (3 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Share with participant** how to use the different functions of whichever online platform you are using
 - Mute your audio when you aren't speaking. While we'd love your input, muting your audio at other times minimizes background noise so that everyone can hear clearly.
 - Be respectful of presenters and other attendees. Try not to interrupt others when they're speaking.
 - Please participate! We want to make this tour relevant to you, so please respond with your comments or questions. If speaking is disabled or you feel more comfortable, you can also type your responses or questions into the chat box as well. Enabling your camera is optional.
3. **Set expectations.** Explain that caregivers will learn how to help their kids develop good eating habits by involving them in preparing meals or snacks, with the added goal of saving them time and money in the long run. We'll also discuss age appropriate tasks for kids in the kitchen.
4. **Create an open environment.** Let caregivers know that we will dive right in but their questions and ideas are welcome throughout the lesson!

RECIPE DEMONSTRATION AND DISCUSSION (19 MINUTES)

1. **Begin by having caregivers view and discuss the sugar content of popular beverages.**



"What beverages did you buy this week for yourself and for your kids? Which of these beverages would you like yourself or your kids to drink less of? More of?"

- Write down caregivers' ideas on paper or a shared screen. Point out that often our beverages contain water, but they may also contain a lot of sugar. Sugary drinks can lead to a variety of health concerns like early tooth decay and cavities, and can lead to other health concerns, like diabetes or prediabetes, in the future.



Prep for Success! Create beverage display in advance of lesson to ensure you use the lesson time for discussion, not set up. Note that 4 grams of sugar = 1 teaspoon = 1 packet of sugar. You can find the number of grams of sugar per serving or per container on the nutrition facts panel of the beverage.

- Show caregivers a display of popular beverages, including those commonly offered to kids (e.g., juice, sports drinks, fruit-flavored “juices,” flavored milks, etc.). Have sugar packets set out in front of each beverage that represents the number of packets in each drink. Ask caregivers to comment on any that surprise them. Draw attention to any packages that are designed to help caregivers think the drinks are more nutritious than they really are – for example, by showing pictures of fruit or using terms like “organic” or “natural.” Explain that looking at the sugar content on the Nutrition Facts Label is the only way to know just how sugary that beverage really is!

2. **Demonstrate or show recipe videos for a variety of healthy beverages.**

- Remind caregivers about proper handwashing technique.
- Introduce the recipes you have chosen. Draw attention to ways that drinks made at home can help you save money, be participatory for your children, help introduce new foods, or even serve as on-the-go meals, e.g. smoothies. There are a variety of beverages you can make at home with a few versatile ingredients commonly found in the WIC package.



“What makes it challenging for you and/or your kids to drink water or other healthy beverages more often? Why do you choose to buy and drink sugary beverages?”

- Address 1-2 common challenges and let caregivers offer each other ideas to overcome those challenges. Use the following table to offer additional ideas as needed. Address other challenges as time permits.

HEALTHY BEVERAGE CHALLENGES	
Challenge	Talking Points
I'm short on time and money. Making my own drinks feels like one more thing to do and at least one more thing to buy.	<p>“These healthy options can be a good way to use WIC ingredients, like yogurt, juice, fruit, and peanut butter. And you might already have a lot of the ingredients on hand at home!”</p> <p>“If your kids already like smoothies or flavored water, making those options at home tends to be much less expensive than buying them pre-made.”</p> <p>“Make frozen ice cubes or a pitcher of water with fruit when you have extra time and then use it throughout the week.”</p>
It is expensive to buy water and my kids and I don't like how it tastes.	<p>“If you cannot use tap water, buying a water filter costs more up front but saves on bottled water. Buying big jugs of water is cheaper than buying individual bottles.”</p> <p>“Adding a little bit of frozen fruit or 100% fruit juice to water might be enough flavor for kids, or you, to like it. Let's see how you like the tastes of the drinks we make today!”</p>

My family's weeks are so busy and we need drinks on the go. Packaged ones are so convenient.	<p>"Water bottles and sippy cups can be found at low cost. Have a few filled with water in the fridge, in the car, or in your purse for easy grabbing.</p> <p>"Save the purchased drinks for when you really need the convenience. Only drink juice boxes and bottled water while on the go, not at home."</p>
Challenge	Talking Points
My kids are picky about their drinks and sometimes I just want to give them what they want for some peace and quiet.	<p>"You can use these drink recipes as a framework and choose ingredients that your kids like. Letting your kids actually choose the ingredients usually helps to get them excited about a healthier beverage option."</p> <p>"Consider offering sugary beverages only as a dessert/sometimes food. This way your child can have positive associations with a favorite drink without having too much sugar day to day."</p> <p>"It's not all or nothing! Eliminating a few sugary beverages, a week can go a long way toward helping kids develop healthier habits. Start small, think about some "easy wins," and work your way up."</p>

3. Discuss tips for switching to lower sugar beverages.



"What ideas or tips have you used in your household to switch to lower sugar beverages?"

- Affirm caregiver responses and share additional tips as needed.
 - Reduce how much sugar you add to coffee, tea, or other drinks one packet at a time.
 - Ween kids off of high-sugar drinks. Mix water with juice or fruit-flavored juices. Over time, gradually increase the amount of water in the mixture.
 - Make sugar-sweetened beverages only for special occasions, like birthday parties or long road trips.
 - Be a good role model. If kids see you drinking and enjoying more water yourself, they'll get the message that sugar-sweetened beverages are not "every day" drinks.
 - Make fun ice cubes with kids that have a little lemon or lime juice and some frozen berries. They look great and add interest to water.
 - Freeze water into popsicle molds (because even just a water ice pop is fun!)

CLOSING (3 MINUTES):

- **ENCOURAGE:** Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing.
- **SHARE:** Share with participants that they can download the Cooking Matters App or visit our website for more recipes, and point out the additional resources available on the Cooking Matters Facebook and YouTube pages. If possible, chat out the links to the group as you mention these resources. Share any upcoming programs.

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