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A: THE WATER FOUNTAIN!

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WATER REFILL STATIONS FOR HEALTHIER STUDENTS

Water access is hugely important for students during this stage in life.

- Drinking water benefits children’s health. It helps children’s muscles, joints, and tissues; improves their digestive system; and keeps their bodies hydrated.

- More than half of children in the U.S. don’t drink enough water. Younger children are less likely to drink enough water compared to older children.

- Drinking water dispensers in schools can nearly triple how much water students drink at lunch time, according to one study. Drinking water can also positively impact children’s cognitive performance, particularly their short-term memory.

Adopt a Water Bottle Filling Station policy to ensure all newly constructed schools and schools undergoing major renovations have water bottle filling stations!

A Water Bottle Filling Station policy should include:

1. At least one bottle filling station per 200 students
2. At least one bottle filling station on each floor, wing or other building section of a school building
3. One bottle filling station in all school food service areas
4. One bottle filling station near gymnasiums and outdoor learning and activity areas, including playgrounds and athletic facilities
5. Water bottle filling stations should be filtered, cooled and regularly cleaned to encourage consumption by students
6. Policy must address allowance of students to carry water bottles on school campuses, including inside classrooms
7. Policy should encourage touchless bottle filling stations for sanitary reasons
8. Policy may allow bottle filling stations to be integrated into drinking fountains

Put water within reach for our students.
Healthy living + reduced exposure to germs help make carrying water bottles the new normal in public schools. And make them easier to refill!
yourethecure.org/water-access