



THIRSTY?
**CHOOSE
WATER!**

choosewater.com.au

Healthy drinks at home

Water and reduced-fat milk are the best

- To avoid any arguments about what your children should drink, don't buy sugary drinks such as soft drink or energy drinks.
- If they aren't there, it is much easier to say no!
- Keep these drinks for special occasions NOT for everyday.



water



milk

