



# Q4:H<sub>2</sub>O

## Healthy drinks at home

WATER AND REDUCED FAT MILK ARE THE BEST DRINKS FOR PRIMARY SCHOOL AGED CHILDREN

- 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.



**Health**  
Central Coast  
Local Health District

water



milk