

## Hi! I'm Wally the Water Droplet.

I'm here to help encourage kids to drink more water! I'm made of water, so I know how important it is to stay hydrated. It's easy to keep your reusable water bottles full of fresh water—just look for a water tap!

Look for me around the community: I'll be on signs to show you where there are safe water taps, I'll be on activity books and posters and I'll even pop up in some activities at school.

You can help teach children good habits by drinking water yourself! They'll follow your example. If we teach children early to drink water instead of sugary drinks, they'll develop healthy habits that can last a lifetime!



## Resources

**For more information on the Agua4All program:**

- [www.rcac.org/environmental/agua4all](http://www.rcac.org/environmental/agua4all)
- [www.rcac.org/environmental/agua4all/arvinpou-program/](http://www.rcac.org/environmental/agua4all/arvinpou-program/)

**For a video about the health benefits of water:**

- <http://bit.ly/1j3iFcl>

**For more family friendly materials on water:**

- [www.pottertheotter.com](http://www.pottertheotter.com)

## Contacts

**For questions about the Agua4All program, please contact RCAC at:**

- [agua4all@rcac.org](mailto:agua4all@rcac.org)  
(916) 447-9832



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# Water is the healthiest choice!

## The healthiest, cheapest and best beverage choice is water.

- Water is sugar free. It's good for your body and your teeth.
- Water has zero calories.
- The human body is more than 60 percent water, so it's important to stay hydrated.
- Drinking water helps reduce the risk of type 2 diabetes and heart disease.
- Staying hydrated helps children perform better in school.
- Water helps regulate body temperature so you don't get too hot.
- Water helps replenish moisture that is lost when you sweat during outdoor work or play.
- Water helps your body transfer energy from the food you eat.
- Water helps flush out toxins that can make you sick.

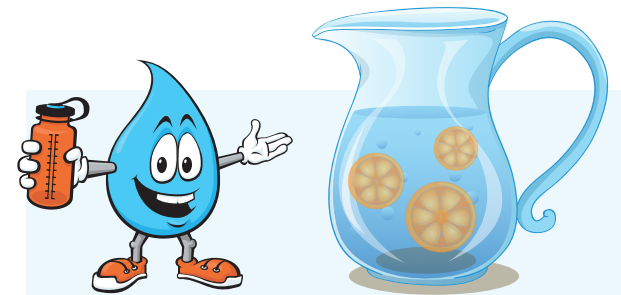
## Some information about the taps



Water bottle filling stations, or "taps", are being installed throughout your school and community to give you more opportunities to enjoy safe and refreshing drinking water. There are several different models installed and with most, you can either take a drink out of the bubbler or fill up a reusable water bottle. For tap locations, see the maps on our website: [www.rcac.org/environmental/agua4all/](http://www.rcac.org/environmental/agua4all/). If you find a tap that is not working, please alert someone at that site so it can be fixed so you and your family can use it and stay hydrated and healthy. Many of the taps have bottle counters on them to show how many plastic bottles you and your community save to keep the earth healthy!

## More great facts about water:

- Drinking water from the tap (which only costs about 1 cent per gallon) could save you up to \$350 per year!
- It takes about three times as much water to manufacture one plastic bottle of water as it does to fill up your own reusable water bottle at the tap – so drinking water from the tap actually helps conserve water overall.
- Drinking water from a reusable bottle saves energy—no need to produce multiple plastic bottles.
- Filling your bottle at the tap reduces waste – that means less trash is headed for the landfill or littering parks, streets and waterways.



## Ways to enjoy tap water at home:

- Fill up a pitcher and keep it in the fridge so it's always nice and cold.
- Add slices of lemon, lime or orange to flavor your water.
- For a twist, add chunks of melon, slices of cucumber or even fresh herbs like mint and thyme to a pitcher of water.