



Water First for Thirst Policy System and Environmental Change Examples in Columbus, Ohio

Central Community House

- Water will be made freely available and encouraged whenever beverages are offered.

Community Development for All People

- CD4AP will serve only water or unsweetened beverages for any meals or events. CD4AP will not serve sugar sweetened beverages (e.g., kool-aid, soda, fruit flavored drinks) at any meal or event. Water will always be available whenever other beverages such as coffee, tea, 100% fruit juice and/or milk are offered.

YMCA Eldon Ward

- Water will be made freely available and encouraged whenever beverages are offered. A water dispenser will be located next to the coffee pot each day. A water dispenser will also be made available for all special events where beverages are served.
- When beverages are served at events only water, 100% fruit juice or fat-free or 1% milk will be served. No sugar sweetened beverages such as lemonade, sodas, sports drinks or juice drinks will be served at Eldon Ward YMCA events.

Columbus Urban League Head Start - Parent Meeting Standards

- Water will be made freely available and encouraged whenever beverages are offered. Currently water dispensers are available in every classroom – effective October 2011. A water dispenser will also made available for all special events where beverages are served
- Our Head Start Academy classrooms will only serve water, 100% fruit juice or fat-free or 1% milk. No sugar sweetened beverages such as lemonade, sodas, sports drinks or juice drinks will be served.

Columbus City Schools

- Since 2009, vending contracts in Columbus City Schools have allowed only water to be sold in beverage vending machines accessible to students.



COLUMBUS
PUBLIC HEALTH



Nationwide Children's Hospital

- In 2011, eliminated sugar sweetened beverages from all vending as well as patient and visitor foodservice venues.
- Reduced the price of water in all vending and foodservice to make water cheaper than diet beverages.

Columbus Recreation and Parks

- CAP City Nights/APPS events will not serve sugar-sweetened beverages. Only water, unflavored skim or 1% milk or 100% fruit juice will be offered.
- In 2013, course catalogs will feature logo for a water product instead of SSB logos.

Other Policy, System and Environmental Changes That Promote Water First for Thirst

- We make drinking water freely available so children can serve themselves both inside and outdoors.
- We will serve only water at our events.
- We provide visible support for *Water First For Thirst* through the use of posters, pictures, and books displayed common areas.