

Offer Water and Milk to Drink



Offer water

Offer water to children throughout the day to keep them hydrated.

Get children to carry and drink from their own reusable water bottle during active play, sports, and when on the go. Wash water bottles each day in hot, soapy water and clean the lids, straws, or spout.

Offer milk

- Milk helps children get the nutrients they need every day.
- Milk can be offered as part of the protein foods at meals.
- For children 1 to 2 years old, offer breastmilk or 3.25% milk.
- Children over 2 years of age, can have lower fat milk or fortified soy beverage.
- Offer milk in 125 mL (1/2 cup) amounts for young children.



For more information:

Visit AHS.ca/HealthyEatingStartsHere,
and [Healthy Drinks, Healthy Kids](#).

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