



The Healthy Hydration Company™



National  
**PTA**

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PTA.org/HealthyLifestyles

## Program Overview

National PTA and Nestlé Waters North America, together with its national brand Nestlé® Pure Life® are partnering with local PTAs to offer Healthy Hydration Stations at Healthy Lifestyles Events to help educate families about the importance of drinking water. The events will also share information about added sugars in popular beverages, as well as the importance of recycling.

Through a grant program, National PTA and Nestlé Waters North America will award grant funding, recycling bins and thousands of water bottles will be awarded to a select number of PTAs. In turn, these PTAs will complete a year-long assessment of their current food and beverage options so PTA leaders can advocate for healthier options for their families. The overall goal of the program is to help families live healthier lives by encouraging them to choose water.

### How does the Healthy Hydration Program work?

Selected PTAs will receive a \$1,000 grant, donated Nestlé® Pure Life® water bottles and recycling bins to help them host Healthy Hydration Stations successfully in their school community, as an add-on to a Healthy Lifestyles Event planned during Healthy Lifestyles Month in November 2019.

National PTA and Nestlé Waters North America will provide the selected PTAs with lesson plans and activity guides to help PTAs host two Healthy Hydration Stations at their Healthy Lifestyles Event:

1. At the first station, families will participate in a water infusion activity ([hyperlink lesson plan](#)) and taste various combinations of water flavored with fresh fruits, herbs and vegetables.
2. The second station will feature a hands-on lesson ([Hyperlink lesson plan](#)) about added sugars in beverages. Information about the benefits of water and the proper way to recycle will be also be provided.

As a Healthy Hydration Program grantee, PTA leaders will also advocate for healthy changes in their school community by assessing their food and beverage options. To do this, PTA leaders will complete a survey at the beginning and end of the year. Information gathered from the survey will help PTA leaders advocate for healthy resources. National PTA will provide additional resources to assist with the PTA's advocacy efforts.

PTA leaders will also issue a school-wide "Choose Water Challenge", demonstrating the school community's commitment to living healthier lives. Students and their families will sign paper cut-outs with a pledge printed on them. PTAs will display the pledges on a designated wall or sign board in their school.





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## What will I be required to do as a grantee?

- Attend online trainings to learn how to present and facilitate your Healthy Hydration program
- Host the Healthy Hydration Program in your school community during November 2019
  - To qualify as a Healthy Hydration Program, your event must be a healthy lifestyles event with:
    - An infused-water station
    - A game to test attendees' knowledge about the amount of sugar in popular household beverages
    - Information on the benefits of drinking more water and recycling
    - A complete, year-long assessment of food and beverage options
    - An agreement to participate in a school-wide "Choose Water Challenge"
- Encourage event attendees to take an online post-event survey
- Complete a Program Leader Feedback Form within two weeks of your event
- Submit three pictures of your event to National PTA
- Use the communication tools provided in the toolkit to share your event story with your local community and National PTA

## What can I expect from National PTA?

- Everything you need to host the Healthy Hydration Program will be provided in a toolkit, including:
  - Promotional materials
  - Healthy Hydration Station lesson plans and materials
  - Program talking points
  - Educational handouts
  - Detailed checklists

## How do I get more information?

Everything you need to host the Healthy Hydration Stations at your Healthy Lifestyles Event can be found in the toolkit online at [PTA.org/CelebrateHealthyLifestyles](http://PTA.org/CelebrateHealthyLifestyles). The toolkit materials make planning and executing the Healthy Hydration Program simple and easy.

Click to expand each section and download all the materials your PTA needs to be successful.

## I have more questions. Can you help?

Yes! If you have any questions, feel free to send an email to Natalie Hedden, National PTA programs and partnerships specialist, at [nhedden@PTA.org](mailto:nhedden@PTA.org).

