

# Increasing Drinking Water Availability in Schools

The Healthy, Hunger-Free Kids Act of 2010 requires schools to make potable water available at no charge to students, wherever lunch is served, and when breakfast is served in the cafeteria. In school year 2020-2021, potable water availability is required when lunch is served at school. USDA [allows for flexibilities](#) and encourages schools to make potable water available in all meal serve locations as safety permits.

## Explore the following strategies to promote healthy hydration for students:

ON CAMPUS



### Reusable water bottles

filled at home



### Water pitcher and cups

in the classroom



### Insulated containers

on a pushcart for portability

*\*Tip: get an "easy serve" spigot*



### Five gallon water bottle

on a stand or with a rechargeable pump dispenser



### Portable hydration station

for outdoor activities



### Gooseneck sink adaptors

to fill water bottles at classroom sinks



### Hydration stations

*\*Note: stations with filtration systems require greater maintenance and upkeep.*

GRAB & GO



### Individual bottled water



### Water cup

with foil lid, 4 oz.



### Individual carton

4 oz. or 8 oz.

## Tips for Success:

1. Safety is a priority when it comes to drinking water access. Upon re-opening, buildings must adhere to certain [safety precautions](#) to recondition unused plumbing and reduce risks.
2. Regularly test tap water to meet water quality [standards](#). Safe tap water should be tested for elevated levels of [lead](#), copper, *Legionella*, and/or other pathogens.
3. Sanitation and proper hygiene practices are necessary when providing drinking water. Sanitize all water dispensers following manufacturers' instructions and follow CDC's [guidance for sanitation practices](#). Educate students and families on [water bottle hygiene](#).
4. When water is promoted, students [drink more](#) of it! Use [this checklist](#) for ideas to promote drinking water at school.
5. Staying hydrated throughout the day improves focus and fuels our bodies for success. Follow [these tips](#) (also available in [Spanish](#)) to boost hydration habits.