

# Water for Schools

Schools are a key environment to teach children and adolescents healthy hydration and form long-term positive beverage consumption behaviours.

At a young age they often consume at least one meal or snack during a school or study day, and promoting healthy beverage choices in these meals reinforces their healthy nutrition knowledge and behaviour.

Establishing youngsters' health as a priority, Dolphin promotes healthier environments, especially in schools and pre-schools and makes it an objective to 'increase water intake in schools'.

## Why promote water intake?

Water intake is essential for the functions of the body and for adequate hydration of body tissues. Water requirements vary between individuals and by environmental conditions. The European Food Safety Authority has defined adequate daily intakes for specific age groups including children.

Recent data indicate that one third or more of European children and adolescents do not meet these recommendations. On the other hand, soft drinks including sugar-sweetened beverages (SSB) make a sizable contribution to the total fluid intake in these age groups. The World Health Organization notes increasing concern about the impact of sugar intakes, particularly from SSB, on the risk of non-communicable diseases. Consequently, public health strategies that aim to increase water or decrease SSB intake early on are needed.

## Why water in schools?

Schools are a key environment that can teach children and adolescents healthy hydration and form long-term positive beverage consumption behaviours. School-based interventions can reach large groups of children of all social classes, and messages learned may be taken home to impact behaviours in the family and elsewhere. As children often consume at least one meal or snack at school, promoting healthy beverage choices in these meals may reinforce their healthy nutrition knowledge and behaviour.

## Aiming for a sustainable future.

Today's students demand alternative solutions for an environmentally friendly environment. Responsible choices, particularly when it comes to our water resources is a major area of concern.

### EFSA recommendations

Adequate daily water intakes range from 1.3 l in 2-3 year-olds up to 2 and 2.5 l for girls and boys, respectively, aged 14 years and older.

With an Dolphin hydration station, you:

- PROMOTE sustainable use of water
- INCREASE use of reusable water bottles (with a bottle counter incorporated in our electronic bottle fillers)
- SUSTAINABLE use of power to cool drinking water, and green filters to purify it - in turn saving money.

*\*Survey conducted on European Market 2020*



# How to proceed?

The first step in increasing water intake at schools is ensuring the availability of water.

This can be done by:

- Installing water fountains
- Installing bottle fillers
- Providing (free) water bottles for refilling

The second step is education. Kids should be informed about the benefits of drinking water.

Dolphin provides a toolkit that should be seen as a guide and a source of inspiration for starting actions in schools to promote water intake among children and adolescents.

Using banners/ posters around school grounds and cafeteria/ canteen areas water consumption can be promoted, and awareness raised of sugar/ calories in SSBs and demonstrating their effects on dental caries

Printed and digital newsletters and Take-home information sheets can inform parents and other stakeholders of the benefits of an increased water intake, and how the school participates in this target.

## Costs of intervention

Considering the health benefits and savings on alternative spendings for SSBs the return on the investment in a hydration

Water fountains and bottle fillers are available from as little as 0,01 euro per student per day. Depending on the number of students and architectural design of the facility Dolphin makes a customised offer taking into account the budgetary limitations and other specific requests of the school.

There is a large variety of equipment available, and schools are encouraged to choose the installations promoting the highest possible level of water intake, and thereby being most effective.

If your school still considers the investment in good hydration facilities difficult to finance, consider having it sponsored by your local authorities or cooperations, getting a parental contribution or organising a donation event like a sponsor-run, to collect funds for your Water at School project.

## Contact us

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