

East Bay Center Healthy Beverages for Children Policy

East Bay Center for the Performing Arts strives to promote health and wellness for children.

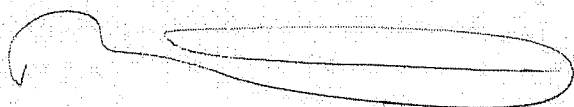
As mentors and role models for children and families, we need to work hard at maintaining a healthy image by providing healthy opportunities and choices to our students. Therefore,

> Our agency will not serve sugar sweetened beverages or non-100% fruit juice to children at any of our agency's hosted events, activities or celebrations. We are piloting this new children's beverage policy at events hosted by East Bay Center and not imposing it on our rentals at this point. This includes classes, workshops, rehearsals, performances, recitals that are Center-generated events.

> Water will always be available free of charge. Whenever possible, water will be served from water dispensers or pitchers rather than individual plastic bottles.

> Alternative beverages for children might include healthy alternatives such as:

- Carbonated water, flavored or unflavored, without sweeteners
- Nonfat or 1% milk (plain, not flavored)
- Water flavored with fresh fruits/vegetables such as lemons, limes, oranges, watermelon, cucumbers, etc.



Ruthie Dineen
Deputy Director of Programs
June 12, 2013

DEEP ROOTS WIDE WORLD