

ASPIRANET

Monument First 5 Center

1736 Clayton Road
Concord, Ca 94520
(925) 849.8861

ASPIRANET HQ

400 Oyster Point Blvd.
Suite #501
South San Francisco, CA
93277

ASPIRANET LOCATIONS

Antioch
Bakersfield
Bellflower
Brentwood
Concord
Fresno
Grover Beach
Long Beach
Merced
Modesto
Orange
Riverside
Sacramento
Salinas
San Bernardino
San Francisco
San Jose
San Mateo
San Pablo
Stockton
Turlock
Ventura
Visalia

Visit our website at
www.aspiranet.org

Tap Water Promotion Policy – August 2016

The Monument First 5 Center promotes healthy lifestyle choices for families, children and staff. Providing tap water to young children can promote health and help prevent early childhood obesity. To that end, the Center has adopted the following policies:

Make tap water accessible for families during all classes:

- Provide pitchers of water in classrooms – large pitchers for adult classes, and small pitchers for child class so children can practice self-help skills.
- Use facet-mounted filters, as well as pitchers with built-in filters to improve the taste of tap water.
- When available, use fresh fruit in water to make more appealing.
- Model frequent drinking of tap water.

When appropriate, staff will provide education and resources to families about the quality and testing of tap water.

- Informational flyers will be created and posted in the Center



Maya Gutierrez

Center Director

Monument First 5 Center