

Water Kit

Developed by
Toi Te Ora Public Health

2019



**TOI TE ORA
PUBLIC HEALTH**
Bay of Plenty + Lakes Districts



**BAY OF PLENTY
DISTRICT HEALTH BOARD**
HAUORA A TOI



LAKES DISTRICT HEALTH BOARD





TOI TE ORA
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*Lifelong
health + wellbeing
for all*

This water kit is designed to increase awareness of the amount of sugar that is found in common drinks. It can be borrowed for events where water is promoted as the drink of choice and is especially suitable for schools.



What is in the water kit?

- 1 refillable water dispenser with tap
- 1x 325 ml flavoured milk (bottle)
- 1x 350ml juice (bottle)
- 1x 350ml water (bottle)
- Sugar cubes
- Re-sealable bags
- Activity sheet master – ‘How many teaspoons of sugar is in each of these drinks?’ and drop box
- Posters and questions (see pages 8 and 10)



How to use the water kit

Setting up

1. Set up a table for the water dispenser. Fill it with water.
2. Display posters on the table, walls or/and display stands.
3. Photocopy activity sheets. Place these, drink bottles and sugar cubes in bags on the table (a guide to sugar content in common sugary drinks is on page 10).



How to use the water kit

Activity

1. Encourage visitors at your table to match each bag of sugar cubes to a drink bottle. One sugar cube = 1 teaspoon sugar.
2. Use the questions provided to stimulate conversation about sugary drinks and how often they are consumed (see page 9).
3. Encourage people to fill their water bottles from the water dispenser.



How to use the water kit

Cleaning

Rinse the water container. It will be sterilised at Toi Te Ora once it is returned.

Return

Please return the water kit to Toi Te Ora Public Health in your area:

- 1st Floor, 510 Cameron Rd, TAURANGA
- 1st Floor, 1166 Amohau St, ROTORUA
- Cnr of Stewart and Garaway St, Podville 1, WHAKATANE

For any enquires, email enquiries@toiteora.govt.nz



Activity Sheet

How many teaspoons of sugar is in each of these drinks?

Download
this sheet
here



Questions

The questions sheet can be displayed to probe thinking about the sugary drinks:

- How often do you drink sugary drinks?
- How much sugar do you think is in one?
- How much sugar do you think is OK to have each day?
- What do you think about sugary drinks?

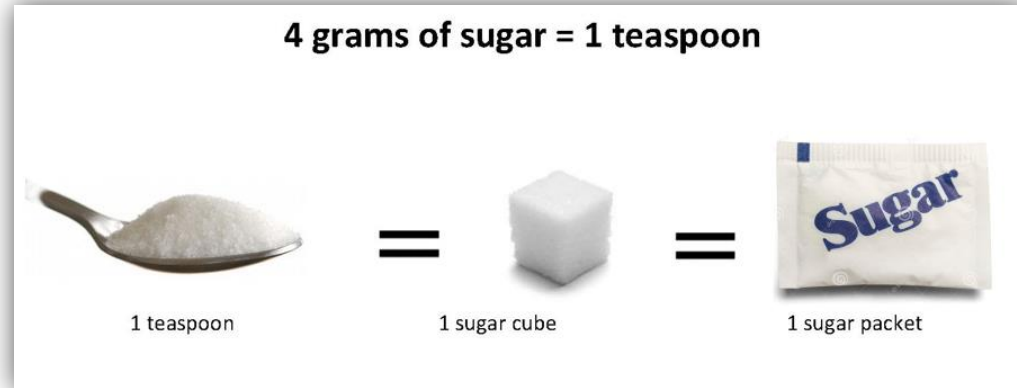


Sugar content guide

A 350ml bottle of juice contains 9 teaspoons of sugar and a 325ml bottle of flavoured milk contains 5 teaspoons of sugar.

In schools across the Bay of Plenty and Lakes district's, the most commonly available drinks are juice and flavoured milk.

The World Health Organization recommends that children ideally have no more than 3-4 teaspoons of sugar a day and adults ideally have no more than 6 teaspoons of sugar a day.



Posters

Included in the water kit are:

- 1x A3 and A4 **TAP INTO WATER** infographic poster on the availability of sugary drinks in schools in Bay of Plenty and Lakes District Health Board areas.
- 1x A3 and A4 **MAKE YOUR SCHOOL SUGARY DRINK FREE** guide to things you can do to make your school sugary drink free.
- A variety of A3 **HEALTH PROMOTION AGENCY POSTERS** that promote water as the drink of choice.





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