How to use these slides – “read the notes in quotation marks”, **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*

- “Sip smarter with easy drink swaps. Replacing sugary drinks with delicious, infused water can help you achieve your healthy goals!”
These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today’s educational experience (objectives on next slide)

To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:

- 1:00-1:10 Introduction
- 1:10-1:20 Demonstrate Content (i.e. Sip Smarter, etc.)
- 1:20-1:40 Activity (i.e. Infused Water)
- 1:40-1:50 Recap/Handout Review
  - If needed, 1:40-1:45 Break
- 1:50-2:10 Goal Setting
Learning Objectives

- Describe the benefits of drinking beverages without added sugars.
- List three tips for sipping smarter.

- Explain the expected outcomes
Ice Breaker

- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!

- When choosing an ice breaker, the activity should allow multiple ways to participate and be included.
- Allow individuals to write/draw/verbally communicate their responses.
- For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.
Today, we are going to go through some tips for switching to healthier drinks that can quench your thirst and still taste good!”
Cut Back Slowly

• Start now
• Try replacing one drink a day
  - Build up to a week then try for more replaced drinks
• Replace sugary drinks with infused water, juice, or smoothies

“Cut back slowly – If you drink sugary beverages like sodas and sweetened teas on a regular basis, start cutting back now.”
• Try for replacing one sugary drink a day perhaps during a meal and after a week of one a day try for more
• Try replacing those beverages with some tasty infused water, juice or smoothies.”
Read Ingredients

• Calories and sugar can be sneaky
• Common forms of added sugars:
  - Sucrose
  - Glucose
  - Fructose
  - Maltose
  - Dextrose
  - Corn syrups
  - Concentrated fruit juice
  - Honey
• Look at the serving size on labels
  - Might be more than one

“Read those ingredients – Beverages, like energy drinks, can be deceiving because they advertise that they are healthy but are usually loaded with calories and sugar. Common forms of added sugars are sucrose, glucose, fructose, maltose, dextrose, corn syrups, concentrated fruit juice, and honey. Also, look carefully at the label because one container may be considered more than one serving, which can double or triple the amount of sugar you’re consuming.”
“Work up to water – We’re used to hearing we should drink water every day, but that can seem like a challenge if you don’t enjoy it. Here are a few ideas for making water more available and enjoyable:

• Carry a refillable water bottle or keep a drinking glass with you during the day.
• Add slices of orange, lemon, or even cucumber for a boost of flavor.
• Try sparkling water with a splash of 100% fruit juice.”
Try Juicing

- Homemade juices are okay
- Better to eat produce than drink when you can
  - Fiber from skin and pulp can be strained out
- Remember calories from juice can add up quickly

“Join the juicing trend – You may have seen infomercials for juicers or read articles about the benefits of making and drinking your own fruit and vegetable juices. These homemade juices can be OK – up to a point. It’s always better to eat produce instead of drinking it as you get fiber from the skin and pulp that can be strained out by a juicer. Remember, it’s easy for the calories from fruit juice to add up quickly.”
“Sip a smoothie – When you are in the mood for a milkshake or want an afternoon snack, stay on the heart-healthy track with a budget-friendly homemade fruit smoothie!

Experiment with different fruit combinations like mango-pineapple or strawberry-blueberry. You can also find some delicious smoothie and other beverage recipes on the AHA website.”

- AHA’s recipes can be found at https://recipes.heart.org/en/collections/courses/beverages
Sip a Smoothie

- Use a blender:
  - ½ cup frozen unsweetened fruit
  - ½ cup fat-free plain Greek yogurt
  - ½ cup fat-free milk

- No blender? No problem!
  - ½ cup small pieces of fresh fruit
  - ½ cup fat-free plain Greek yogurt
  - ½ cup fat-free milk
  - Freeze for 1 hour

“Blend ½ cup frozen unsweetened fruit with ½ cup fat-free plain Greek yogurt and ½ cup fat-free milk.
If you don’t have a blender, mix together ½ cup of small pieces of fresh fruit with the yogurt and milk, then freeze for one hour.”
• If applicable, Divide participants into teams to practice making one of the easy infused water recipes (found in the Infused Water Recipe Ideas handout).
• Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)
  • Infused Water Recipe handout on the next slide
• “Today, we are going to make delicious infused water.
• Once everyone has finished making the recipe, pour it into cups and share with your team.”
• This slide is meant to provide a visual cue. To review the handout with participants, open the PDF from the lesson plan in a separate window. If participants have a printed copy, have them follow along.

• Handout: “Infused Water Recipe Ideas” on page 5 of the Rethink Your Drink lesson plan
  • *Show the video on the next slide to supplement this handout*
• **Supplemental video:** [Play video for the Infused Water Recipes (1:51)](https://youtu.be/thv4_lNgodE)
  - Ensure that closed captioning is on for the video as it plays.

• This video teaches how to jazz up your water with infusions. There are 12 great combinations to keep it fresh and flavorful.
• This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.

• Supplemental handout: “Sip Smarter” on page 6 of the Rethink Your Drink lesson plan.
• Discuss what a “SMART” goal is.
  • Specific -- clearly defined
  • Measurable -- able to be measured (numbers!)
  • Attainable -- achievable or within reach
  • Relevant -- appropriate or applicable
  • Time-Based -- given a due date

• Supplemental video:
  • Achieve More by Setting SMART Goals (1:15)-
    https://youtu.be/yA53yhiOe04
SMART Goal Example

**Goal:**
I will drink more water and less sugary drinks.

**SMART Goal:**
I will drink water at every meal and only one sugary drink a day.

• Engage in a goal setting activity.
• Provide an example of a non-SMART goal.
• Invite the group to discuss how to make it SMART.
• This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.

• **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
Questions?

- Invite participants to ask questions.
Thank You!

- Thank participants
- If applicable, encourage them to join the next activity
  - Provide date/time/location if known