Choose Tap Family Competition

Choose Tap is a program run at Goulburn Valley Water encouraging the community to choose tap water for the following reasons:

- **Health:** Many popular sweetened drinks on supermarket shelves contain more sugar than our recommended daily limit. These drinks should be limited to sometimes, with water being the main drink of choice.

- **To save money:** Tap water is treated to a high quality and it’s cheap! A $2 drink from the shop is the equivalent to approximately 1700 litres of tap water. That is enough water to fill a large drink bottle every day for about 6 years!

- **To help the environment:** Most store bought drinks come in plastic bottles or cans. These are unnecessary packages that require a lot of resources to make. Reusable bottles and cups are a better option over single use plastic and cans.

**AIM OF ACTIVITY:**

To increase the awareness of the amount of sugary drinks that families are consuming and encouraging them to choose tap water.

**PREPARATION:**

Photocopy competition sheet. If needing an introduction, there are many examples of the importance of drinking water online that could be viewed and discussed by the class.

**ACTIVITY OUTLINE:**

1. Give the students a copy of the drinks competition to take home, discussing the rules of the activity.

2. Encourage the students to bring the completed competition back to school to discuss their findings and how this activity may have assisted their family to make healthier drink choices.
The aim of the Choose Tap Family Competition is to see which family member drinks the healthiest drinks over one week.

Rules:
- Write each family member’s name down the left column.
- Family members receive a tick if they only drink water or plain milk each day.
- Family members receive a cross if they drink one or more sugary drinks each day.
- Parents are still allowed tea or coffee, but try reducing the amount of sugar.
- Juices, flavoured water, flavoured milk, cordial, energy and sports drinks are all sugary drinks and result in a cross.
- Diet drinks will also result in a cross as these contain ingredients that may be bad for our teeth and health.
- Don’t forget to Choose Tap! For the same price of a $2 bottle of water you can get approximately 1,700 litres of tap water.

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Goulburn Valley Water
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