

A KIDS LIVEWELL GUIDE TO BEVERAGES

Follow these tips for a
delicious K LW-approved
menu. Cheers!





KIDS LIVEWELL DEFAULT BEVERAGE POLICY

Participating restaurants should only promote healthy default beverages for their children's meals in pictures, writing, or video.

The approved beverages are:

- **WATER:** water, sparkling water, or flavored water, with no added natural or artificial sweeteners; and/or
- **MILK:** flavored or unflavored non-fat or low-fat (1%) dairy milk or non-dairy beverage that is nutritionally equivalent to fluid milk (i.e., soy milk, almond milk) in a serving size of 8 oz. or less; and/or
- **JUICE:** 100% fruit or vegetable juice, or fruit and/or vegetable juice combined with water or carbonated water, with no added natural or artificial sweeteners, in a serving size of 8 oz. or less.
- **OTHER BEVERAGES AVAILABLE UPON REQUEST.**

Don't forget to list these (and only these) beverages (and other beverages available upon request) on your paper and digital menus, menu boards, websites, apps, and in-store signage where children's meals can be ordered (e.g., posters, register clings).



KNOW YOUR STATE'S DEFAULT BEVERAGE RULES

In addition to our Kids LiveWell policy, many states or local governments passed their own laws regarding default beverage requirements for kids' menus. It's essential to understand the varying laws to ensure compliance.

- **NOTE:** Simply listing water, milk, or juice as the default beverages is often not enough to comply with state and local laws! Many states prohibit listing or advertising sugary drinks to kids as well.

EXAMPLES OF COMPLIANCE GUIDES

Places like Hawaii and Illinois have guides that explain exactly what's allowed on kids' menus. Looking at these can give you a good idea of how to manage this issue. Check out [Hawaii's compliance guide](#) and [Illinois' compliance guide](#) using the links.

MORE INFORMATION

To find the most up-to-date information, visit the Nutrition Expert Exchange's (NEE) Community Resource Tab (in Restaurants Connect).
Not a member of the NEE community yet?
Contact us at kidslivewell@restaurant.org today.

