



From Our Table to Yours

Summer 2014 Newsletter

KidzTable, a social enterprise of St. Vincent de Paul of Baltimore, is increasing access to healthy food choices for children in the Baltimore region. This initiative is part of a national movement to change the way children eat. By serving children fresh, natural unprocessed foods every day and educating them, their parents and teachers about good nutrition, KidzTable is helping to grow a healthier generation of kids.

For more information about KidzTable, call 410-982-0852 and visit our website, www.kidztable.com

Drinking Water to Improve One's Health

According to the CDC (Centers for Disease Control), approximately one in four kids does not drink any water on a given day. Drinking water is one of the easiest ways to improve overall health and well-being and helps you have more energy and better focus.

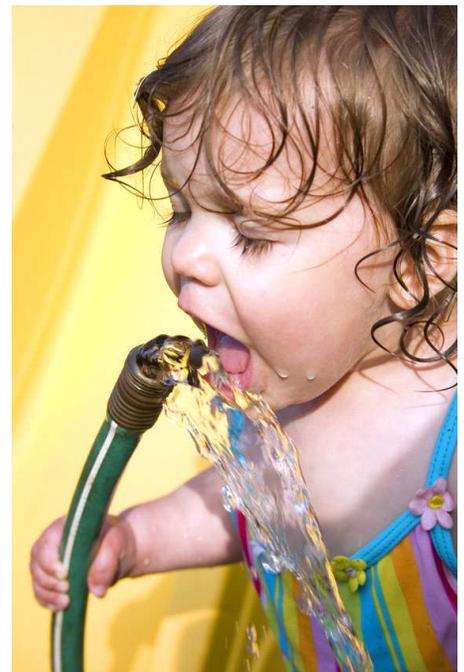
Health benefits of water

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.¹



How much water to drink? The recommended daily amount of fluids is:

- 5 glasses (8 oz. each) for 5 to 8 year olds
- 7 glasses for 9 to 12 year olds
- 8 to 10 glasses for 13+ years

You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.

Hints to help you drink more water

- Pack a water bottle whenever you go out.
- In summer, put a frozen water bottle in your lunch box.
- Keep a bottle of cold water in the fridge in summer and drink warm water in winter.

