



SOCIAL MEDIA MESSAGES

RYB-ECMat-01-1 - Our childcare is joining other educators across Virginia celebrating #RevYourBev to promote healthy beverages for healthy children. Get ready for April 25. Register your event now. <http://revyourbev.com/host-an-event/>

RYB-ECMat-02-1 - Water is one of the six essential nutrients children's bodies need. Encourage your child to drink plenty of water and celebrate with us this Rev Your Bev Day (4/25). #RevYourBev <http://revyourbev.com/host-an-event/>

RYB-ECMat-03-1 - Our program sticks to "milk for meals, water for thirst." Join us on April 25 for Rev Your Bev Day when we're promoting healthy beverages for the children we care for. Join us. #RevYourBev <http://revyourbev.com/host-an-event/>

RYB-ECMat-04-1 - Our staff encourages children to drink water — establishing water drinking habits early protects children's health now and in the future! Join us April 25 for #RevYourBev Day and learn more. #RevYourBev <http://revyourbev.com/host-an-event/>

RYB-ECMat-05-1 - Be a role model and drink more water as a family. Switching to water is an excellent way to drink smart and save money. Learn more at a Rev Your Bev Day event near you. Join us. #RevYourBev <http://revyourbev.com/host-an-event/>
<http://bit.ly/2tkUiAB>

RYB-ECMat-06-1 - Water is a healthy and convenient drink for kids at school and at home! Come celebrate all things water on Rev Your Bev Day (4/25). Join us. #RevYourBev <http://revyourbev.com/host-an-event/>

RYB-ECMat-07-1 - Ask your child to help choose unique flavor combinations of fruit or tea to add to water. Invent a fun name for your creation using your child's name, such as "Samantha's Snazzy Strawberry Sipper." Get more info by joining us on Rev Your Bev Day (4/25). Register your event. #RevYourBev <http://revyourbev.com/host-an-event/>

RYB-ECMat-08-1 - Kids may not drink enough water on their own, so encourage them to drink water while playing inside and outside, during meals, and all day! Join us in Revving Our Bevs this Rev Your Bev Day (4/25). Join us or register your own at the link. #RevYourBev <http://revyourbev.com/host-an-event/>

RYB-ECMat-09-1 - Make drinking water FUN. Let your child pick out a fun cup, find a new water bottle, or use a colorful straw. Join us in celebrating Rev Your Bev Day (4/25). #RevYourBev <http://revyourbev.com/host-an-event/>

RYB-ECMat-10-1 - Celebrate Rev Your Bev Day (4/25) by making water, low-fat or fat-free milk, or 100% juice an easy option in your home. Children should only drink ½ cup of 100% juice each day. Want to learn more? Join us on Rev Your Bev Day or register your own event. #RevYourBev <http://revyourbev.com/host-an-event/> <http://bit.ly/2G3XcNb>

