



Chicago and Illinois restaurants are getting ready to Serve Kids Better!

Many of our kids are consuming 2-3 times the recommended amount of sugar every day. Chicago and Illinois restaurants are going to help change that.

As of January 1, 2022, Chicago and Illinois restaurants that serve a packaged “children’s meal” are offering at least one of the following beverages as the default beverage with that meal:

- ➔ Still, sparkling or flavored water with no added natural or artificial sweeteners
- ➔ 100% fruit or vegetable juice with no added sweeteners, up to 8 ounces
- ➔ Skim or 1% dairy milk, up to 130 calories per container or serving (including chocolate milk and nondairy milk alternatives with no added natural or artificial sweeteners)

Soda, lemonade and other non-dairy sugary drinks can no longer be the default beverages in children’s meals. However, if a different beverage is preferred, just ask! Other beverages can be served at the request of the customer.

This small change can support the health of our kids when it comes to:



Mood



Weight



Behavior



Chronic
Disease



Tooth
decay



Eating
habits