

“Water is Life. Don’t waste it.” — Unknown



Students and faculty at Blue Zones Project-approved schools in Lee and Collier counties are able to bring reusable bottles and refill them at the hydration stations throughout their day. This has resulted in students drinking more water during the day, as well as a significant reduction in plastic bottle waste. BLUE ZONES PROJECT

# Blue Zones Project helps schools pass on plastic bottles

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The Blue Zones Project - SWFL

Blue Zones Project – Southwest Florida is celebrating Earth Day, April 22, and Every Kid Healthy™ Week, April 22-26, by working with Lee and Collier county schools to minimize plastic bottle use.

As part of becoming a Blue Zones Project-approved school, schools have the option to add hydration stations throughout their campus. These wall-mounted water stations offer a tidier and more hygienic option than traditional water fountains. Students and faculty are able to bring re-usable bottles and refill them at the hydration stations throughout their day. This has resulted in students drinking more water during the day, as well as a significant

reduction in plastic bottle waste. Of the 31 approved Blue Zones Project schools, approximately 1 million plastic water bottles have been saved to date and are no longer ending up in a landfill.

“In PE, one of our learning goals is to teach the students the importance of staying hydrated,” said Coach Sandy Winslow and Coach Paul Ewerth at Corkscrew Elementary School. “We have encouraged the students to bring their own water bottles to PE so they can stay hydrated and fill up their bottles during or after class. Classroom teachers also continue to promote the hydration stations to their students and have done a great job setting the example by bring their own bottles as well. One of our wellness challenges for the staff is to drink half our body weight (in ounces) of water every day.”

Earth Day Network’s mission is to diversify, educate and activate the environmental movement worldwide. Growing out of the first Earth Day, Earth Day Network is the world’s largest recruiter to the environmental movement, working with more than 50,000 partners in nearly 192 countries to build environmental democracy. More than 1 billion people now participate in Earth Day activities each year, making it the largest civic observance in the world. We work through a combination of education, public policy and consumer campaigns.

Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements and recognized on the calendar

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# Water station

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of National Health Observances. Observed the last week of April each year, this special week shines a spotlight on the great effort schools are making to improve the health and wellness of their students and the link between nutrition, physical activity and learning — because healthy kids are better pre-

pared to learn.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare® Inc. and Blue Zones LLC, Blue Zones Project is a vital part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information about Blue Zones Project Southwest Florida, visit [southwestflorida.bluezonesproject.com](http://southwestflorida.bluezonesproject.com).