#sipNflip4NVkids Challenge

CREATE

a video stating why you choose water over sugary beverages. Then take a sip of water and flip the cup/water bottle upside down - the more creative the better! STEP 01

STEP

02



POST

the video to your organization and personal social media accounts with messaging to promote drinking water to support a health smile and the hashtag* #sipNflip4NVkids

*Posts will be monitored by hashtag and winners selected.



TAG

three other organizations or friends/family members challenging them to take the challenge and share with their network

Contest Rules: Challenge open to anyone. In order to be eligible for a prize, you must be between the ages of 5 to 18. You must follow the steps of the contest (state your name, state why you are drinking water, sip and flip the cup/water bottle, and challenge others) in any order, to be eligible for prizes. This contest is not sponsored, endorsed, or administered by any social media platforms. Prize awarded for the following categories: Most Original, Best Quality, Most Viral, Best Overall Video, Most Comments, and Sponsor's Favorite. Prizes include water park tickets, gift baskets, electric toothbrush bundles and are subject to change without notice. Contest ends 2/28/2021.

STEP 03



SHARE

the videos of those you challenged from your social media page to help them reach more viewers

(Sample message: "February is National Children's Health Month. Help support a health smile by swapping out your sugary beverages with water – nature's drink!")



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STEP 04

