

#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



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.

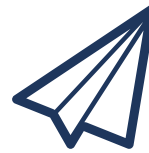


STEP
02

TAG

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

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!")



Nevada Department of
Health and Human Services
Oral Health Program

www.dpbh.nv.gov/Programs/OH/OH-Home/

STEP
04

