

Aurora Healthy Kids' Meals

Make the Healthy Choice the Easy Choice

Aurora Healthy Kids' Meals is a city ordinance that will make our children healthier, make parents able to choose the items they want for their children, and make Aurora a health leader.

Parents would still be able to purchase sugary drinks for their children and restaurants could still serve sugary beverages to children.

Similar policies have passed in a growing number of places.

The added sugar in sugary drinks typically offered with a children's meal exceeds the recommended amount of sugar a child should have in an entire day.¹

Healthy children's meals are a top trend in the restaurant industry according to a 2018 American Restaurant Association report.³



The ordinance would require that beverages on children's menus be healthy beverages such as water, unflavored milk, or sparkling water.

Applebee's, Burger King, Jack in the Box, McDonald's, Wendy's, and Disney now offer healthier drinks as the default on children's menus and marketing.²

Water is the ideal beverage for kids—it helps hydrate children's growing bodies and is calorie-free.

Promoting Choice Promotes Health

Providing healthy default options on children's menus is proven to lead to families buying these drinks, while maintaining personal choice.

People stick to healthy default beverage menu options about 66% of the time.^{4,5}

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American Academy of Pediatrics



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References

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