

★ Healthy Drinks in Children's Meals ★

On January 1, 2019, a new law in California comes into effect.

This new law will prohibit food service businesses from having sugary beverages such as sodas or juices as a default beverage for a children's meal.

A restaurant that includes a beverage as part of children's meals shall offer one of the following:

- ★ Water, sparkling water, or flavored water with no added natural or artificial sweeteners
- ★ Unflavored milk
- ★ Non-dairy milk alternatives that contain no more than 130 calories per container

Restaurants may continue to sell beverages separately from children's meals, and customers may continue to request or purchase any beverage separately from a children's meal.

Permitted in combination with children's meals



Unsweetened or sparkling water, and unsweetened milk, almond milk, or soy milk

NOT permitted in combination with children's meals



Juice drinks, soda, sweet tea, sports drinks, sweetened milk



Do you have a question? Contact Environmental Health at: (559) 624-7400 or tularecountyevents@tularehhsa.org