



EVERY DAY BEGINS WITH A SIP.
Sip Smarter.

Go Back to School with Healthy, Delicious, and Packable Recipes Using 100% Juice

Back-to-School season means busier days and nights for kids and parents alike. Recommend easy-to-make and easy-to-pack recipes that use 100% fruit juice to clients and parents in order to make their lunch packing duties easier. These recipes are guaranteed to taste great, add healthy nutrients the kids need, and be stress-free for mom and dad. Learn more in the latest blog from Sip Smarter.

[Read the Blog](#)



How Much Juice Should Kids be Drinking? Get an Expert's Opinion

Questions about the "right" amount of juice that should be served to kids comes up fairly often. But, it's not as complicated as you might think. The trick is to follow expert opinions, like those from the Dietary Guidelines for Americans, the American Academy of Pediatrics (AAP), or as part of the [MyPlate](#) dietary plan, and get the full facts about 100% juice.

One-hundred percent juice is delicious and nutritious, and filled with vitamins and minerals like potassium, folate and vitamin C. Start by educating parents about serving size recommendations so that they can rest easy when they pour a glass of juice for their kids.

[Learn More](#)

Snack Right After School

Now that the kids are back to school, make sure they have a healthy and tasty snack to come home to. Give



parents this Cranberry Popcorn recipe to try out. It uses 100% cranberry juice for a sweet and salty flavor.

[Find the Recipe](#)

Grapefruit Watermelon Ice Pops are a great snack for kids to enjoy after school and it's one that will keep summertime alive for a little while longer! These healthy popsicles use 100% grapefruit juice, fresh watermelon, and mint for a delicious result.



[Find the Recipe](#)



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