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Charlottesville High School Invests in Water to Invest in their Students’ Wellness

CHARLOTTESVILLE – Charlottesville High School is unveiling its fruit-infused water dispensers to celebrate the school’s effort to increase students and staff access to healthier beverage choices, and in turn, create a healthier school environment. The fruit-infused water dispensers will be available every school day in the cafeteria for students, teachers, and staff to enjoy.

“The idea of my peers being able to access water that tastes good and is easily accessible is exciting! I can’t wait to see everyone drinking their fruit-infused water around the school and in class,” shares Abby, a senior at Charlottesville High School and Y Street Leadership Team member.

Each year the Virginia Foundation for Healthy Youth (VFHY) hosts Rev Your Bev Day and in 2019 sponsored hundreds of local events to engage the public with the importance of making healthy beverage choices.

“Rev Your Bev is empowering kids to make healthy choices for themselves. VFHY is proud of the work done by Y Street leaders to promote water as a healthy beverage option.” Said VFHY Executive Director Marty Kilgore. As a Y Street partner school, Charlottesville youth leaders work with the Rev Your Bev campaign to increase water access in their school and promote healthy hydration by encouraging students and staff to drink more water. Y Street Advisor, Jessica Brantley, led the charge of having water dispensers regularly available during school hours after being inspired by Rev Your Bev Day – a Virginia statewide day of action to raise awareness about the health benefits of making water your No. 1 beverage of choice – in May 2019.

Brantley says, “Through their taste testing efforts and their Rev Your Bev events they have received a lot of positive feedback from students regarding their desire to have more healthy options available during the school day. I applaud the efforts of the group and I am really proud of our student advocates!”

With the support of Move2Health Coalition, Brantley was able to secure a donation of fresh fruit from Sentara.

To learn more about the Rev Your Bev campaign visit RevYourBev.com
About the Virginia Foundation for Healthy Youth (VFHY)
Established by the Virginia General Assembly in 1999, the Virginia Foundation for Healthy Youth empowers teens throughout Virginia to make healthy choices by promoting active, nutritious, tobacco-free living. Since VFHY began its work in 2001, high school smoking in Virginia has been cut by more than 60 percent and the number of middle school smokers has dropped by more than 75 percent. The Foundation directly reaches about 50,000 children each year through classroom-based prevention programs in public schools, after-school programs, community centers, daycares, and other prevention programs across the state. VFHY’s award-winning marketing campaigns deliver prevention messaging to more than 500,000 children annually.

About Y Street
Founded in 2004, Y Street is the Virginia Foundation for Healthy Youth’s teen volunteer group for high school students. Y Street youth work on obesity, nutrition, and tobacco and nicotine-use prevention campaigns, such as Rev Your Bev and Share The Air, to help promote a healthier Virginia. Y Street members have worked on public health issues with top government officials, including the U.S. Surgeon General and Virginia’s Governor, Attorney General, and First Lady. For more information, visit www.YStreet.org.

About Rev Your Bev
Rev Your Bev is a Virginia statewide campaign to improve the health of all Virginians by encouraging individuals to drink more water. Learn more at RevYourBev.com