

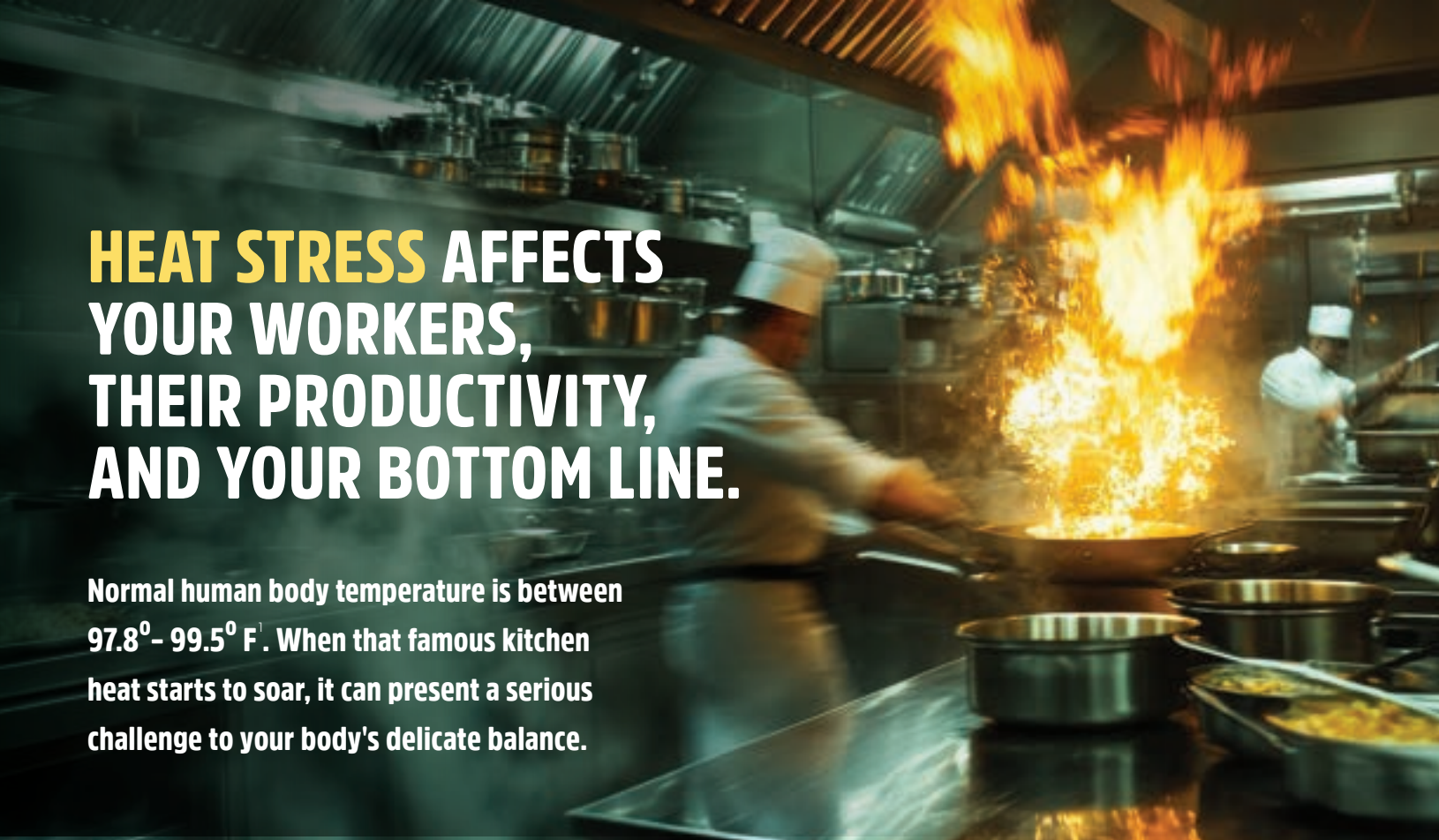
WE HELP YOU STAND THE HEAT, SO YOU CAN STAY IN THE KITCHEN.

Every year, thousands of U.S. workers get sick or injured from occupational heat exposure. And while kitchens are some of the hottest, most hazardous work environments there are, you have the power to protect your team—and your bottom line—with the right hydration solutions.



ACF Culinary Team USA

**The Squwincher® brand is a proud
sponsor of the ACF Culinary Team USA.**



HEAT STRESS AFFECTS YOUR WORKERS, THEIR PRODUCTIVITY, AND YOUR BOTTOM LINE.

Normal human body temperature is between 97.8° - 99.5° F¹. When that famous kitchen heat starts to soar, it can present a serious challenge to your body's delicate balance.

2% DEHYDRATION is enough to impair a kitchen worker^{2,3}

The Effects of DEHYDRATION

- Tension
- Impaired vision
- Anxiety
- Fatigue
- Short-term memory loss
- Mood swings
- 20-50% decrease in physical performance

The Benefits of HYDRATION

- Keeps workers safe from heat stress
- Increases employee productivity
- Boosts mood and morale

WORK INJURY COSTS

When workers are dehydrated the likelihood of injury increases, while pre-existing kitchen hazards like sharp knives, hot pans, and slippery floors become even more hazardous. Preventable workplace injuries have huge potential economic impacts:⁴

\$1,080
PER INDIVIDUAL
WORKER

\$43,000
PER MEDICALLY
CONSULTED
INJURY

\$175.6 B
2023 TOTAL

Great tasting all-day hydration.

Sqwincher® products are scientifically formulated with a unique blend of potassium and low sodium, designed to replenish those invaluable electrolytes lost through perspiration and respiration during a long shift on your feet. Plus, they come in a variety of delicious, refreshing flavors that your team will love.



Na

**38% LOWER
SODIUM***

38% lower sodium than competitors.*^{5,6}

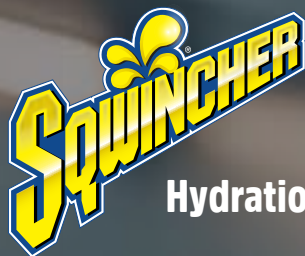
Many electrolyte beverages are packed with sodium. But the fact is, most Americans are already well exceeding their daily recommended sodium intake. That's why Sqwincher® electrolytes are made with an average of 38% lower sodium than our competitors*, for delicious all-day hydration.



To learn more, visit
sqwincher.com/kitchen-hydration.

Visit sqwincher.com for nutrition information.

*Per 12 fl oz serving: Sqwincher® 85mg sodium;
2 Leading Sports Drinks average 138mg sodium



Hydration that works®

ANYONE WHO'S WORKED IN FOODSERVICE CAN TELL YOU: PREPARATION IS KEY.

Let us help you be prepared with delicious Squwincher® electrolytes and a custom heat illness prevention plan.

Not all hydration beverages are created equal. Here are a few reasons you should choose Squwincher® electrolytes for your team:



- Protects from heat stress and dehydration
- 38% lower sodium than competitors*
- Diverse portfolio to fit any size kitchen and staff
- Scientifically formulated for all-day hydration
- Great variety of flavors your team will love
- Boosts morale and productivity
- 50+ years experience in hydrating workforces

Our friendly team of experts would be happy to help you develop a customized heat illness prevention plan for your business. And we're available anytime to support your training needs or conduct on-site assessments, so that you can feel confident in your plan.

To learn more, visit squwincher.com/kitchen-hydration



American Culinary Federation

The Squwincher® brand is a proud
sponsor of ACF Culinary Team USA.

1. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/vital-signs-body-temperature-pulse-rate-respiration-rate-blood-pressure>

2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4207053/>

3. <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf>

4. <https://injuryfacts.nsc.org/work/costs/work-injury-costs/>

5. <https://www.fda.gov/media/84261/download#:~:text=Use%20%25DV%20to%20determine%20if%20a%20serving,is%20considered%20high,%20Pay%20attention%20to%20servings.>

6. SA Cage, AP Jacobsen, J Gibson, D Lege and Trail LE. Average Sodium Intake Among Student-Athletes at an NCAA Division II University. Res Inves Sports Med. 10(5), RISM.000749. 2024. DOI: 10.31031/RISM.2024.10.000749

*Per 12 fl oz serving: Squwincher® 85mg sodium; 2 Leading Sports Drinks average 138mg sodium