

# Give Them More **Good Stuff!**

# **Drink Water Your Way**

#### **Make It Tasty**

Try adding one of these to your water:

Fresh ice.

A splash of 100% fruit juice. It could be left over from fruit canned in 100% juice.

• Fresh fruits, veggies or herbs that have been torn, cut or mashed to release their flavor.

 Frozen fruits, vegetables, juice or herbs:

- frozen berry pieces
- make ice with pieces frozen into it
- freeze mashed fruit in an ice cube tray
- freeze 100% fruit juice

Choosing water at home and out will save money and lower calories!

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water helps keep your body temperature normal



## Make it Easy

• Try a reusable bottle choose one that is easy to carry, easy to fill, easy to keep clean and seals tightly.

• Add ice to your water bottle for cold water while you are out and about.

• Keep water handy and cold in the refrigerator so it is an easy choice.

## **Make It Special**

Choose a nice looking container or glass.

Ask kids to choose a name for their drink.

🌢 Add a garnish to each glass trv a citrus slice over the edge, a single piece of fruit, or a cucumber slice.





♦ Make it fizzy by adding sparkling water or soda water (unsweetened) with some 100% fruit juice.

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# **Flavored Water Basics**

#### Flavor Options Try these flavors or make up your own! For 1 quart (4 cups) of water:

Cucumber	½ cucumber	Cut into thin slices; leave the skin on for color.
Citrus	lemon, lime, orange or grapefruit - ½ small fruit or ¼ grapefruit	Leave the skin on; slice thinly in whole circles or quarter wedges.
Herbs	mint, basil or rosemary	10 small leaves or a small sprig. Tear or crush the leaves.
Apple Cinnamon	½ cinnamon stick and ⅓ apple	Leave the apple skin on for color; core can be left or removed. Slice into thin slices or circles.
Strawberry and Kiwi	3 to 4 strawberries and ½ kiwi	Peel the kiwi; slice both fruits into thin slices.

1. Slice, tear, or mash the fruit to release the most flavor.

- 2. Refrigerate for several hours or overnight to allow the most flavoring.
- 3. Use within 2 days for best quality.

### **Flavored** Ice

Don't let oranges, grapefruit, lemons and/or limes go to waste. Squeeze their juice into a bowl, mix with water and pour into ice trays to make flavorful ice.

#### **Keep It Safe**

Wash all fresh fruits, veggies and herbs by scrubbing or rubbing gently under running water.

Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.

Keep water cold after fruits or veggies are added. Make an amount you can use within 2 days.