



Give Them More
— of the —
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!

Water helps keep your
body temperature normal



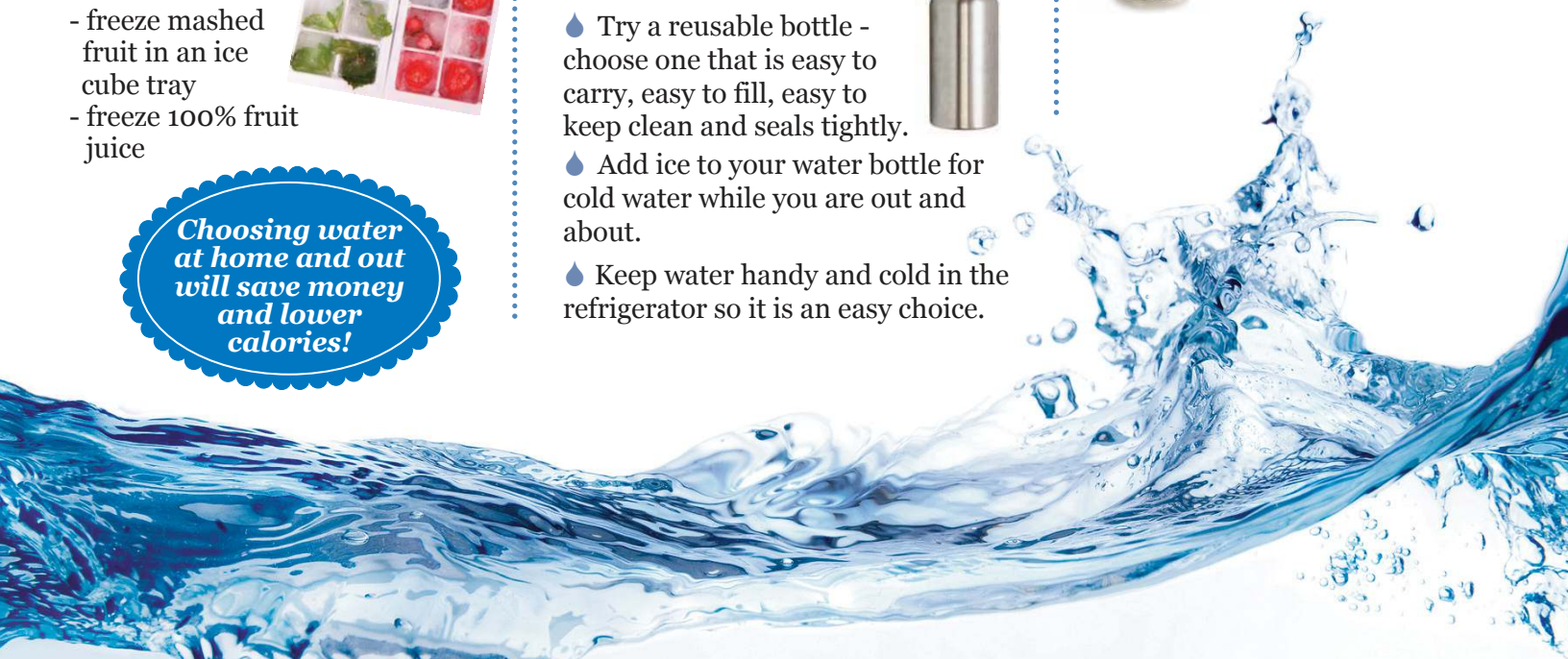
Make it Easy

- ◆ 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 - try 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.



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 ½ 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.