

Make Fun

FLAVORED WATER

Infuse a bit of fun flavor into water with fruit, or even vegetables and herbs!

**Be creative and try lots of different combinations!
Let the kids come up with ideas for the next flavor infusion!**

You can make infused water in a large jug by simply adding sliced or chopped-up fruit, vegetables, and/or herbs to the water. Try lemon and orange, melon and mint, cucumber slices, or frozen berries; get more ideas from the lists below. Let it set a few hours, then enjoy poured over ice. Share your creation by setting up a sampling table for others to try!

Fruit

- Berries
- Oranges
- Lemons
- Lime
- Grapefruit
- Pineapple
- Grapes
- Watermelon
- Mango
- Cantaloupe
- Honeydew
- Kiwi
- Cherries
- Apples

Vegetables

- Cucumber
- Jalapenos
- Bell Peppers
- Celery
- Carrots

Herbs

- Basil
- Mint
- Rosemary
- Cilantro
- Lavender
- Tarragon
- Thyme
- Sage
- Ginger Root

cucumbermint

cheers to
drinking
water!

gingerapple

pineapplesage



rethink YOUR DRINK

Enjoy these tasty water alternatives to sugar sweetened beverages:



Watermelon Basil Water

- 2 cups of seedless watermelon, cubed
- Ten to 12 basil leaves
- One half gallon of water



Cucumber Melon Water

- One large cucumber, sliced
- 1/4 honeydew melon, cubed
- 1/4 cantaloupe, cubed
- One half gallon of water



Pineapple Mint Water

- 2 cups of pineapple, cubed
- Ten mint leaves
- One half gallon of water



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