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!

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!

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

cheers to drinking water!
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