

Drink Water as a Family!

Check out these tips to encourage your family to drink more water and less sugary drinks!

- 1 Limit Choices**
Avoid buying sugary drinks (soda, energy drinks, sports drinks, sweetened water, coffee and tea with added sugars). Keeping sugary drinks out of your home will help your family drink more water and consume less added sugars.
- 2 Access**
Make water easily accessible by keeping a water pitcher or water bottle in the fridge. Encourage your family members to buy their own personal water bottles to fill up each day.
- 3 Be A Good Role Model**
Serve your family more water and less sugary drinks. Drink water throughout the day to model healthy drinking behaviors. Check out the Family Newsletters each month for more family-friendly activities to model healthy behaviors!

Benefits of Drinking Water

- ✓ Positive effect to skin
- ✓ Boosts immune system
- ✓ Strengthens memory
- ✓ Improves vision
- ✓ Cushions joints
- ✓ Protects sensitive organs

Source: <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>

Family Recipes - Infused Water

Strawberry Lemon Mint

Ingredients:

- 1/2 Lemon
- 5 Strawberries
- 2 Mint Leaves
- 16 Ounces water



* Serving size: 1

* April Harvest of the Month Recipe

Directions:

Wash ingredients. Place ingredients in a water bottle. Chill in refrigerator.

Cucumber Lime

Ingredients:

- 1/2 Cucumber
- 1/2 Lime
- 16 Ounces of water



* Serving size: 1

Directions:

Wash ingredients. Place ingredients in a water bottle. Chill in refrigerator.

**Check out the Family Newsletters each month for more family-friendly recipes!*