Drink

more water & less sugary drinks

every day

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Georgia SNAP-Ed

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Mandarin Orange and Blueberry Infused Water

Ingredients:

- 3 mandarin oranges cut into wedges
- 2 handful of blueberries
- 2 gallons of water

Directions:

1. Wash hands with soap and warm water.
2. Gather ingredients and materials.
3. Wash ingredients and slice oranges into wedges.
4. Place everything in a jug/bottle and pour water over.
5. Chill or serve with ice.

*Squeeze orange and muddle blueberries to intensify flavor!

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Recipe adapted from planeatmove.com

Cucumber and Lemon Infused Water

Ingredients:

- 1 large cucumber
- 3 lemons (or lime)
- 10 mint leaves (optional)
- 2 gallons of water

Directions:

1. Wash hands with soap and warm water.
2. Gather ingredients and materials.
3. Wash ingredients and slice cucumber and lemons.
4. Place everything in a jug/bottle and pour water over.
5. Chill or serve with ice.

*Squeeze lemon slices to intensify flavor!

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Recipe adapted from myplate.gov

Strawberry, Lemon and Mint Infused Water

Ingredients:

- 1 lb of strawberries, fresh or frozen
- 5 lemons, sliced
- 10 mint leaves
- 2 gallons of water

Directions:

1. Wash hands with soap and warm water.
2. Gather ingredients and materials.
3. Wash ingredients and slice strawberries and lemons.
4. Place everything in a jug/bottle and pour water over.
5. Chill or serve with ice.

*Squeeze lemon slices and muddle strawberries to intensify flavor!

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Strawberry and Pineapple Infused Water

Ingredients:

- 2 cups of strawberries, fresh or frozen
- 5-10 slices or chunks of pineapple
- 1 lime, sliced (optional)
- 2 gallons of water

Directions:

1. Wash hands with soap and warm water.
2. Gather ingredients and materials.
3. Wash ingredients and slice strawberries.
4. Place everything in a jug/bottle and pour water over.
5. Chill or serve with ice.

*Muddle strawberries and pineapple to intensify flavor!

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Recipe adapted from jsyfruitveggies.org

Peach, Blueberry and Mint Infused Water

Ingredients:

- 2 peaches, fresh or frozen
- 1-2 cups of blueberries
- 10 mint leaves
- 2 gallons of water

Directions:

1. Wash hands with soap and warm water.
2. Gather ingredients and materials.
3. Wash ingredients and cut peaches (if needed).
4. Place everything in a jug/bottle and pour water over.
5. Chill or serve with ice.

*Muddle blueberries to intensify flavor!

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Berry Kiwi Infused Water

Ingredients:

- 1-2 cups of strawberries or blackberries
- 2 kiwis
- 2 gallons of water

Directions:

1. Wash hands with soap and warm water.
2. Gather ingredients and materials.
3. Wash ingredients and slices strawberries and kiwi.
4. Place everything in a jug/bottle and pour water over.
5. Chill or serve with ice.

*Muddle berries to intensify flavor!

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Recipe adapted from myplate.gov