



Give Them More
of the
Good Stuff!

Easy Flavored Water for Groups

What container to use?

Use clear containers to show off the fruits and veggies: pitchers, dispensers with a spigot for serving, glass jars or bowls with a ladle.

Caution - Plastic containers can be damaged by exposure to citrus.

Try:

☀️ using glass containers for citrus.

☀️ removing citrus slices from plastic containers after 1 hour.

Do not leave citrus-infused water in a plastic dispenser overnight.



Flavored water tastes great, is low-calorie and may be low-cost



How much to make?

1 gallon = 4 quarts =
16 cups (1-cup servings) =
64 tasting-size servings (1/4 cup each)

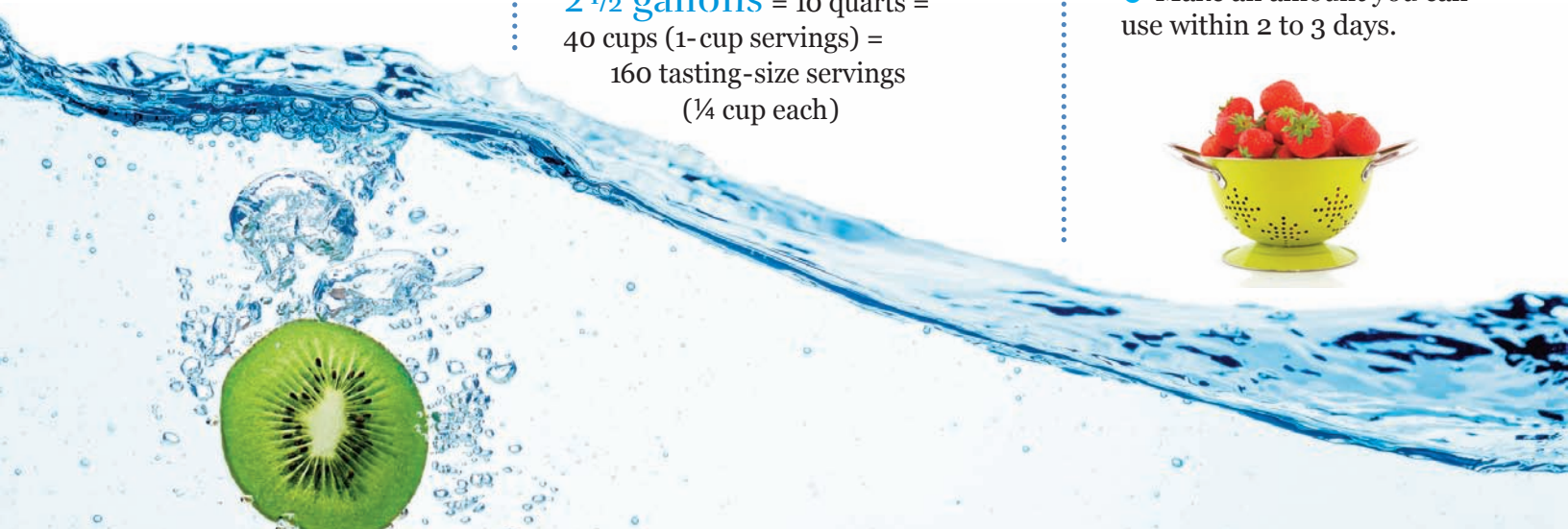
2 1/2 gallons = 10 quarts =
40 cups (1-cup servings) =
160 tasting-size servings
(1/4 cup each)

What about ice?

💧 If you want to keep the water very cold, make the recipe using the amounts of water given, keep it refrigerated, then add ice just before serving.

Keep it safe!

- 💧 Clean hands, surfaces, utensils, and beverage dispensers/containers.
- 💧 Wash all fresh fruits, veggies and herbs by scrubbing or rubbing gently under cool running water.
- 💧 Do not mix batches. Use up the first batch; clean the container; make a fresh batch.
- 💧 Keep water cold after fruits or veggies are added.
- 💧 Make an amount you can use within 2 to 3 days.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Flavored Water Recipes

Keep it simple with one option,
or mix flavors together.

Flavors	Ingredients		Preparation
	1 Gallon Water	2 ½ Gallons Water	
Cucumber	½ cucumber	4 to 5 cucumbers	Slice crosswise into thin slices. Leave skin on for color.
Citrus - Lemons Oranges, Limes, Grapefruit	2 small or 1 large	4 to 5 small or 2 large	Slice thinly in whole circles or quarter wedges. Leave skin on for added color and flavor.
Herb - Mint, Basil, Rosemary	10 small leaves or a small sprig	20 to 25 small leaves or 2 to 3 small sprigs	Tear or crush the leaves to release the flavor.
Apple Cinnamon	2 apples and 2 cinnamon sticks	4 to 5 apples and 4 to 5 cinnamon sticks	Slice the apple into thin wedges or circles. Core can be left or removed. Leave the skin on for color.
Strawberry Kiwi	12 to 16 strawberries (about 1 pint) and 2 kiwi	30 to 40 strawberries (about 2 ½ pints) and 5 kiwi	Peel the kiwi. Slice both fruits into thin slices.

Preparation Tips:

1. To save refrigerator space and make the water easier to transport, you can prepare the recipe using half the recommended amount of water. Refrigerate. Add the remaining cold water (and ice, if desired) just prior to serving.
2. Trim away any damaged or bruised areas on produce before adding to water.
3. Mash the fruit to release the most flavor. Caution: seeds or mashed fruit can clog water dispenser spigots.
4. Refrigerate for several hours or overnight to allow the most flavoring. Read the other side for more notes on citrus and plastic containers.
5. Produce from the water can be used as garnish in drinking cups.
6. Water will last up to 3 days in the refrigerator.

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