Drink Water Your Way

Make It Tasty
Try adding one of these to your water:
- Fresh ice.
- A splash of 100% fruit juice. It could be left over from fruit canned in 100% juice.
- Fresh fruits, veggies or herbs that have been torn, cut or mashed to release their flavor.
- Frozen fruits, vegetables, juice or herbs:
  - frozen berry pieces
  - make ice with pieces frozen into it
  - freeze mashed fruit in an ice cube tray
  - freeze 100% fruit juice

Make it Special
- Choose an attractive or unusual container or glass.
- Serve with a fancy straw.
- Add a garnish to each glass - try a citrus slice over the edge, a single piece of fruit, or a cucumber slice.
- Make it fizzy by adding sparkling water or soda water (unsweetened) with some 100% fruit juice.

Make it Easy
- Try a reusable bottle - choose one that is easy to carry, easy to fill, easy to keep clean and seals tightly.
- Add ice to your water bottle for cold water while you are out and about.
- Keep water handy and cold in the refrigerator so it is an easy choice.

Choosing water at home and out will save money and lower calories!
### Flavored Water Basics

#### Flavor Options

**Try these flavors or make up your own!**

For 1 quart (4 cups) of water:

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<thead>
<tr>
<th>Flavor</th>
<th>Ingredients</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cucumber</strong></td>
<td>½ cucumber</td>
<td>Cut into thin slices; leave the skin on for color.</td>
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<tr>
<td><strong>Citrus</strong></td>
<td>lemon, lime, orange or grapefruit - ½ small fruit or ¼ grapefruit</td>
<td>Leave the skin on; slice thinly in whole circles or quarter wedges.</td>
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<tr>
<td><strong>Herbs</strong></td>
<td>mint, basil or rosemary</td>
<td>10 small leaves or a small sprig. Tear or crush the leaves.</td>
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<tr>
<td><strong>Apple Cinnamon</strong></td>
<td>½ cinnamon stick and ½ apple</td>
<td>Leave the apple skin on for color; core can be left or removed. Slice into thin slices or circles.</td>
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<tr>
<td><strong>Strawberry and Kiwi</strong></td>
<td>3 to 4 strawberries and ½ kiwi</td>
<td>Peel the kiwi; slice both fruits into thin slices.</td>
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1. Slice, tear, or mash the fruit to release the most flavor.
2. Refrigerate for several hours or overnight to allow the most flavoring.
3. Use within 2 days for best quality.

### Flavored Ice

Don’t let oranges, grapefruit, lemons and/or limes go to waste. Squeeze their juice into a bowl, mix with water and pour into ice trays to make flavorful ice.

### Keep It Safe

- Wash all fresh fruits, veggies and herbs by scrubbing or rubbing gently under running water.
- Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.
- Keep water cold after fruits or veggies are added. Make an amount you can use within 2 days.