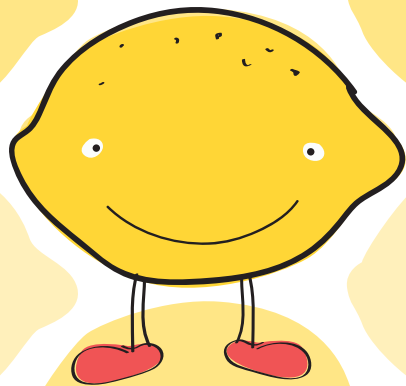
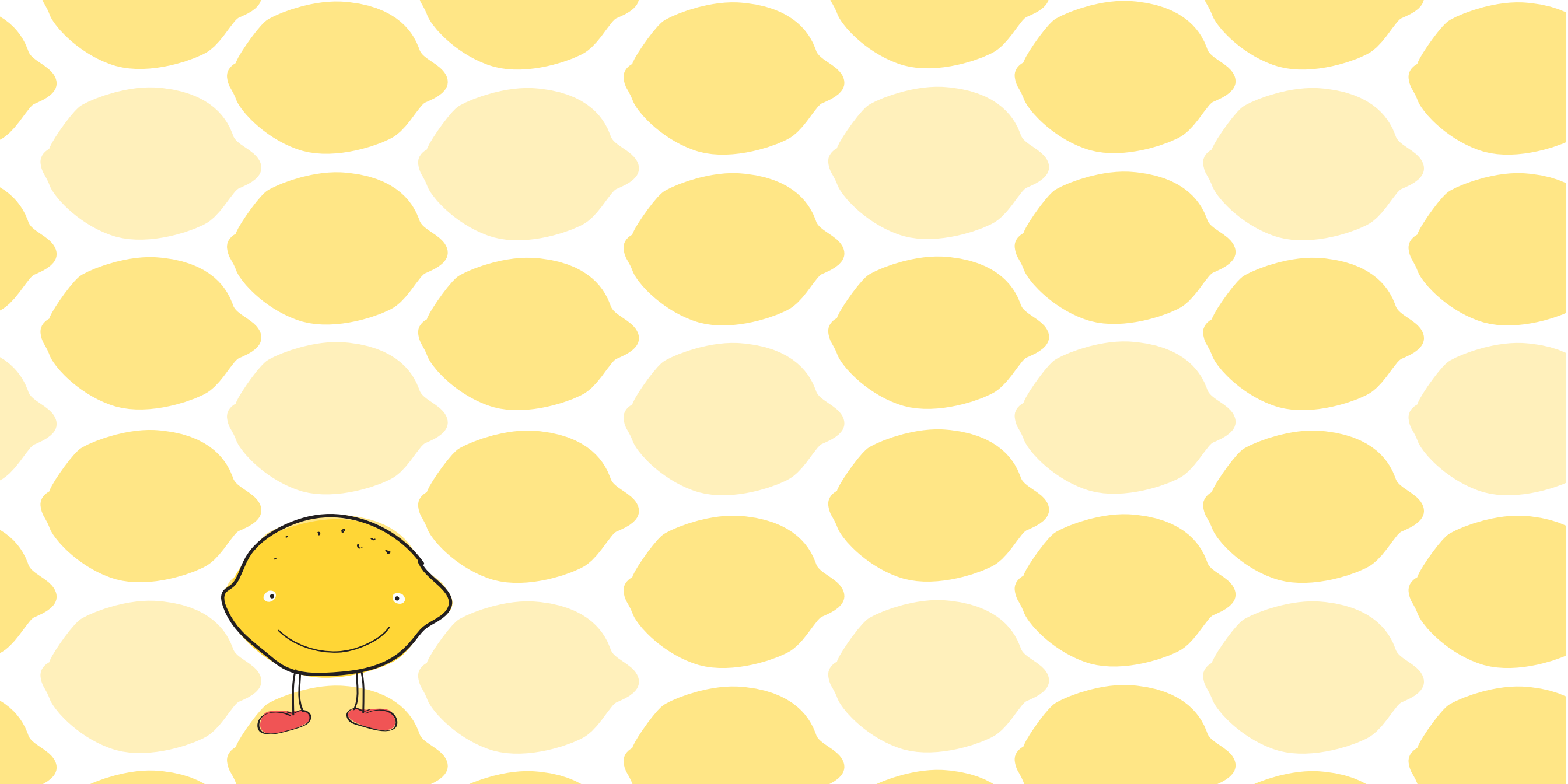


LERROY THE LEMON

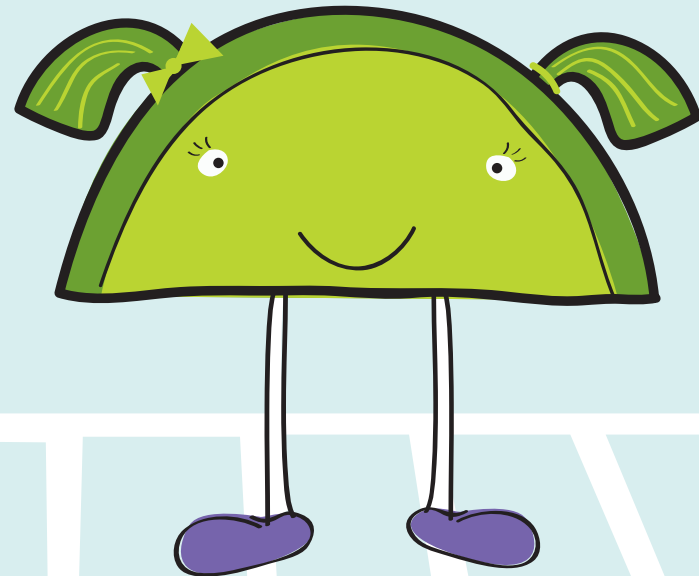
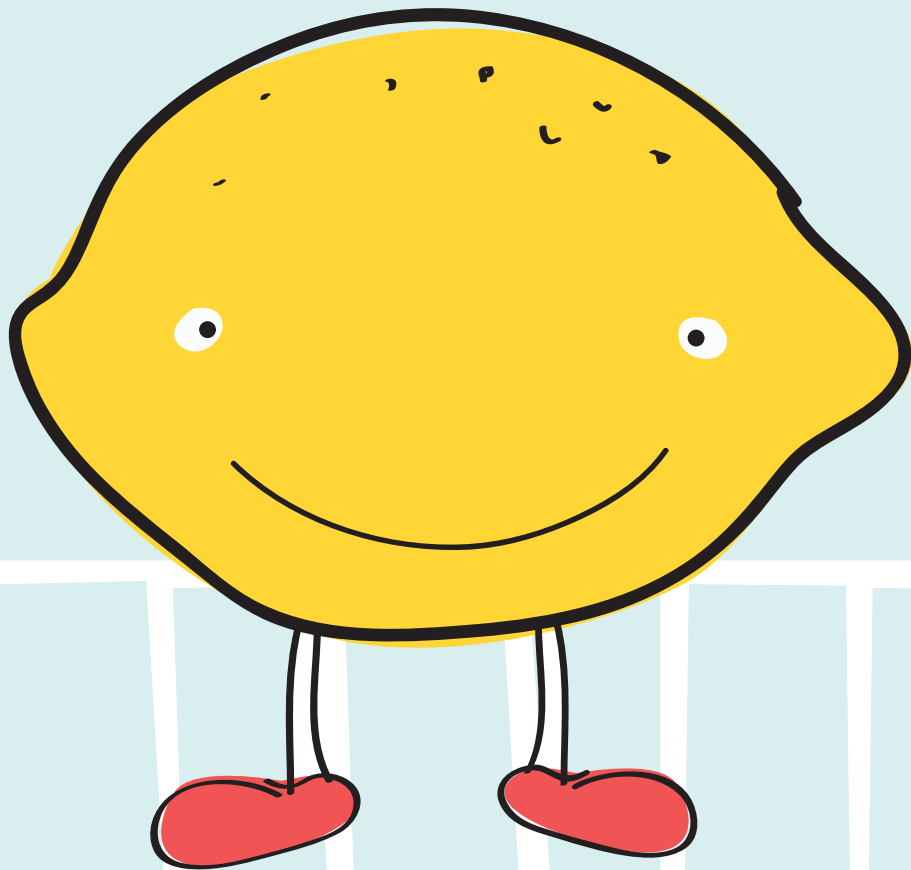
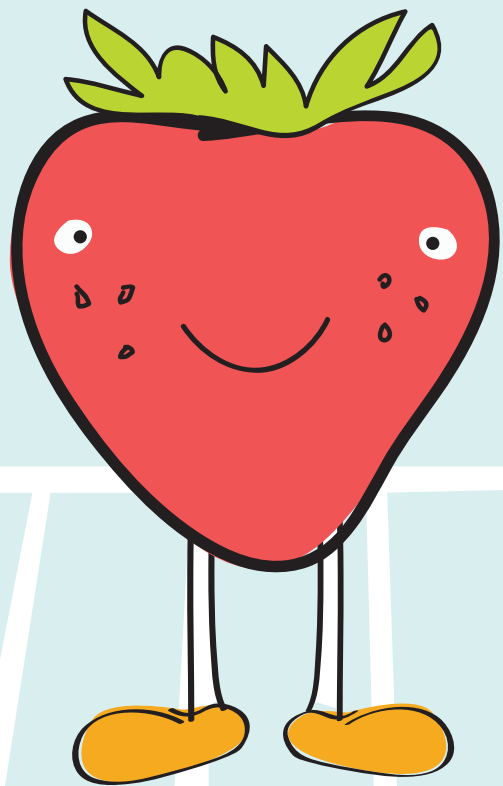


Leroy was a very happy lemon.  
He lived with his two very  
best friends, Sam the strawberry  
and Lily the lime.

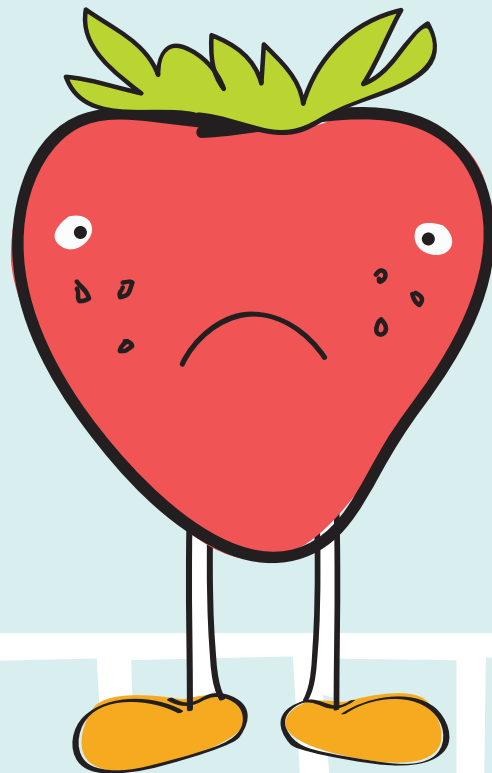
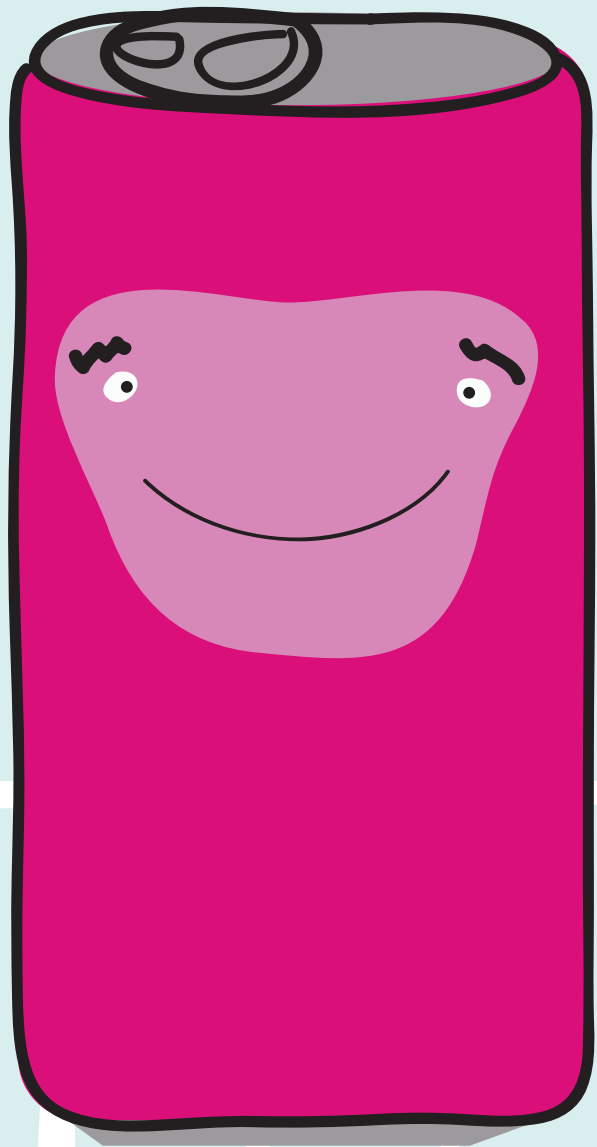


The three best friends lived in a kitchen where kids were always running in and out from playing.

Playing outside made the kids very thirsty.

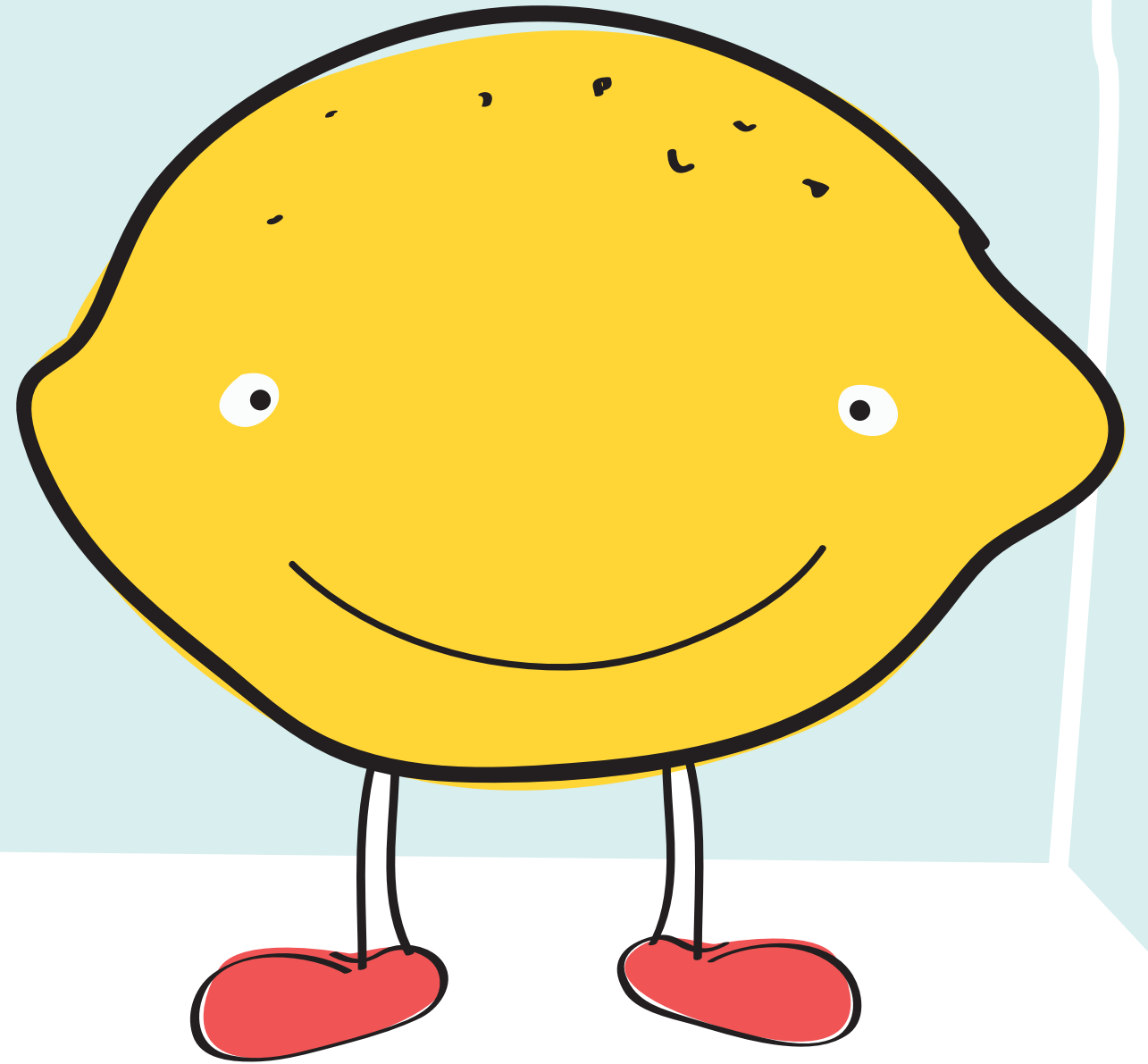
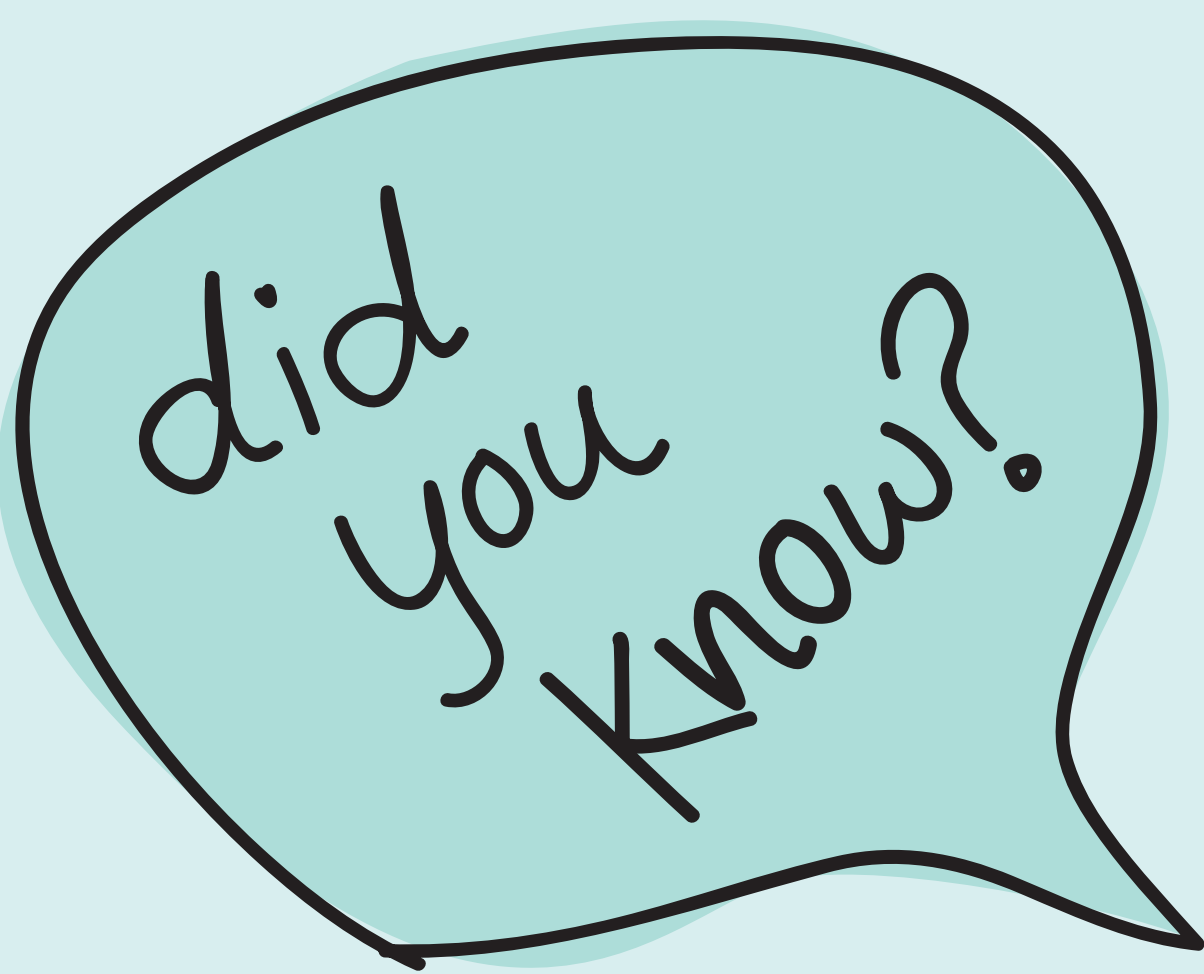


Leroy and his friends hung out in the fridge on most days just so they could see the kids when they came in for a drink.



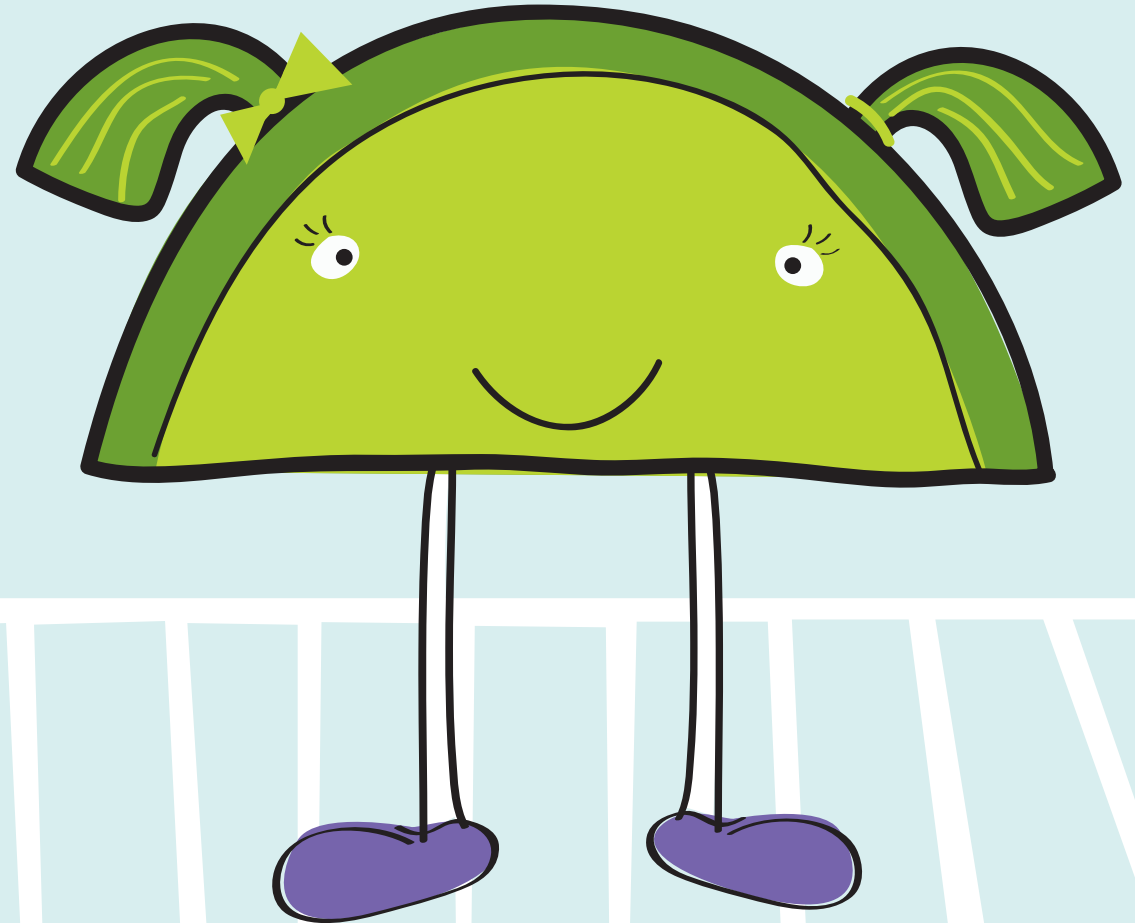
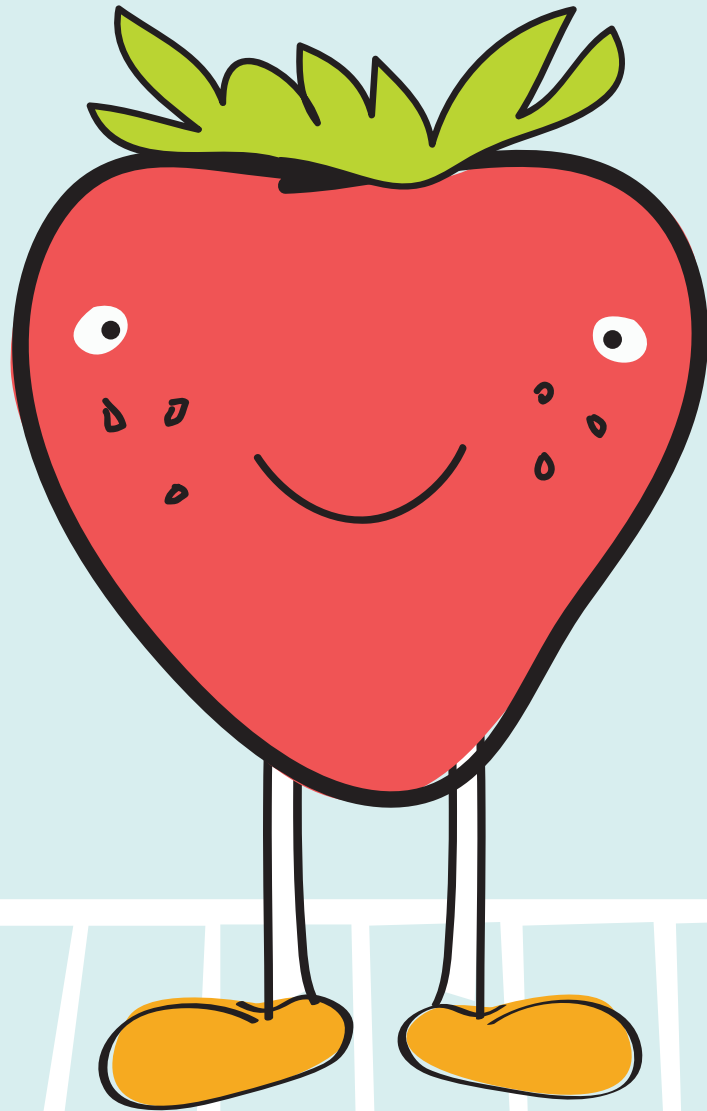


Usually Leroy, Sam and Lily would be happy to have the kids visit them so often, but lately Ernie, the soda, was all the kids wanted when they came in.



One day when a kid was reaching in the fridge to grab Ernie, Leroy shouted out to him:

“Hey, did you know that water is really refreshing?”



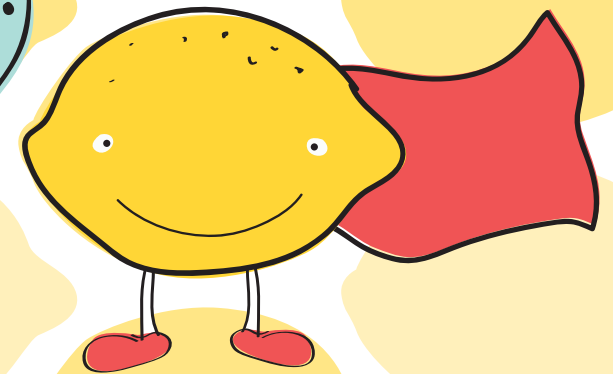
Leroy pointed to his friends Sam and Lily and told the children all about how tasty water can be, even with a little fruit added!



From that day on, Leroy, Sam and Lily were happy to be a part of the healthiest and tastiest way to refresh after play, WATER!



Be a  
water  
Hero!



*For recipes and tips, visit [foodhero.org](http://foodhero.org)*





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