

It's Drink Water Your Way at Home Week

Water helps your body stay cool and hydrated, and has zero calories. Plus it's free!

Enjoy water your way, with these ideas:

1. Make it tasty: Add fresh fruits, vegetables, herbs or a splash of 100% fruit juice.
2. Make it easy: Try a reusable bottle. Keep water handy and cold in the refrigerator.
3. Make it special: Make it fizzy by using sparkling water.
4. Find more water ideas here:
<http://bit.ly/foodherosnackswatermonthly>



Food Hero educators across Oregon are drinking water at home this week!

Hello, friends!

I am going to make sure I drink at least one glass of water every day this week! I like water with ice and I love to carry it around in my water bottle.

Erin



Visit [FoodHero.org](https://www.foodhero.org) to find low-cost, healthy, tasty and simple recipes!

This material was funded by USDA. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.