

Give Them More of the Good Stuff!

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

Choosing water at home and out will save money and lower calories! Water helps keep your body temperature normal



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.

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.



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. 2018 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national

origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer. Share on: f ၇ 🖸



Flavored Water Basics

Flavor Options Try these flavors or make up your own! For 1 quart (4 cups) of water:

Cucumber	½ cucumber	Cut into thin slices; leave the skin on for color.
Citrus	lemon, lime, orange or grapefruit - ½ small fruit or ¼ grapefruit	Leave the skin on; slice thinly in whole circles or quarter wedges.
Herbs	mint, basil or rosemary	10 small leaves or a small sprig. Tear or crush the leaves.
Apple Cinnamon	½ cinnamon stick and ⅓ apple	Leave the apple skin on for color; core can be left or removed. Slice into thin slices or circles.
Strawberry and Kiwi	3 to 4 strawberries and ½ kiwi	Peel the kiwi; slice both fruits into thin slices.

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.