



QUENCH YOUR THIRST! THE IMPORTANCE OF WATER



Every part of your body needs water. Water makes up 60 percent of body weight. Here are some great ideas to keep your family hydrated year round!

Fill pitcher with cool water. Add 1/2 cup thinly sliced cucumber and 1/2 cup fresh mint leaves. Chill in refrigerator.

Try different combination of flavors: Thin slices: Lemon, Lime, Orange, Grapefruit, Cucumber, Pineapple, Fresh Ginger, Fresh whole leaves or sprigs: Mint, Basil, Rosemary, Parsley.

Other ideas:

- Add lemon or lime to your water
- Have a glass of water near you when you are working
- Drink water when you feel like snacking
- Drink water when you eat out - it's free!
- Go green and save money - take a refillable bottle of water with you.



AT HOME ACTIVITY

As parents, you have a choice to make small changes in your household that will have a big impact on your family's health over time. Start today and make a family pledge to drink more water!

Pledge:

I promise to be a role model by limiting my sweetened drinks such as:_____.

I promise to keep my family healthy by not buying or serving sweetened drinks, such as:_____.

I promise to:

_____.

Signature:

Date:



HEALTHY, DELICIOUS SNACKS

Head to the kitchen, wash your hands and prepare a healthy snack for the whole family. Here a few suggestions to get you started.

- Spread peanut butter on apple slices.
- Dip pretzels or fresh vegetables in hummus.
- Top whole grain crackers with cottage cheese.
- Mix dried fruit with unsalted nuts for a quick trail-mix.