Don't like the taste of plain water?

Inside we share some ideas to make the water you consume more delicious and to encourage you and your family to drink more water everyday.

References


www.waterup.org

/waterupLP

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**Flavor Infusion Recipes**

**Cold Flavor Infusions**

- Orange + kiwi
- Mint + raspberries
- Lime + blueberries
- Mint + blueberries
- Strawberries + blueberries + lemon slices + mint
- Strawberries + blueberries + lemon slices + mint
- Cucumbers + lemon slices
- Strawberries + blueberries + lemon slices + mint

**Hot Flavor Infusions**

- Ginger + lemon slices
- Mint + lemon slices
- Apples + cinnamon

**Water tastes best when it is COLD, CLEAR, & CRISP:**

**COLD:** For the best tasting tap water, always keep a pitcher of water cold in the refrigerator.

**CLEAR:** Tiny air bubbles from your faucet sometimes cause your tap water to appear cloudy. When this happens, allow your water to rest for a few minutes and watch the bubbles disappear.

**CRISP:** Keep water in an open container. Chlorine in your tap water is there to kill bacteria and make your water safe to drink, heating or chilling water will remove any taste completely.

**WATER IS LIFE**

These Recipes:

Provide good hydration without adding too many calories.

Provide good nutrition by adding fruit instead of sugar.