

Be a water hero! Drink more water!

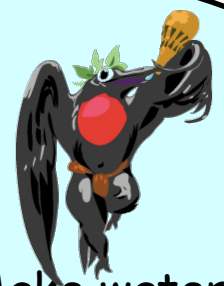
Children need 4-5 cups or 32-40 ounces of water every day and almost no sugar sweetened beverages every week



Count how many sips it takes to drink a cup of water!



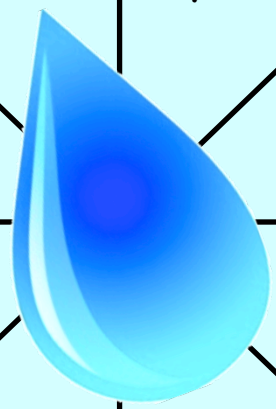
Put slices of limes, lemons, cucumbers or mint in your water!



Make water your first drink of the day!



Keep bottles of water in the fridge. Grab a cold water when you need to cool down!



Make fruit ice cubes with your favorite fruit and water!

Freeze water in a bottle and take it to the beach!

Drink water out of your favorite cup!



Add lemon and lime to water for the next family event!

