

## Flavored Water Ideas:

### Fruits & veggies

- Lemon
- Watermelon
- Lime
- Orange
- Strawberry
- Cucumber
- Raspberries
- Blueberries
- Kiwis
- Your favorite fruit or veggie

### Herbs & spices

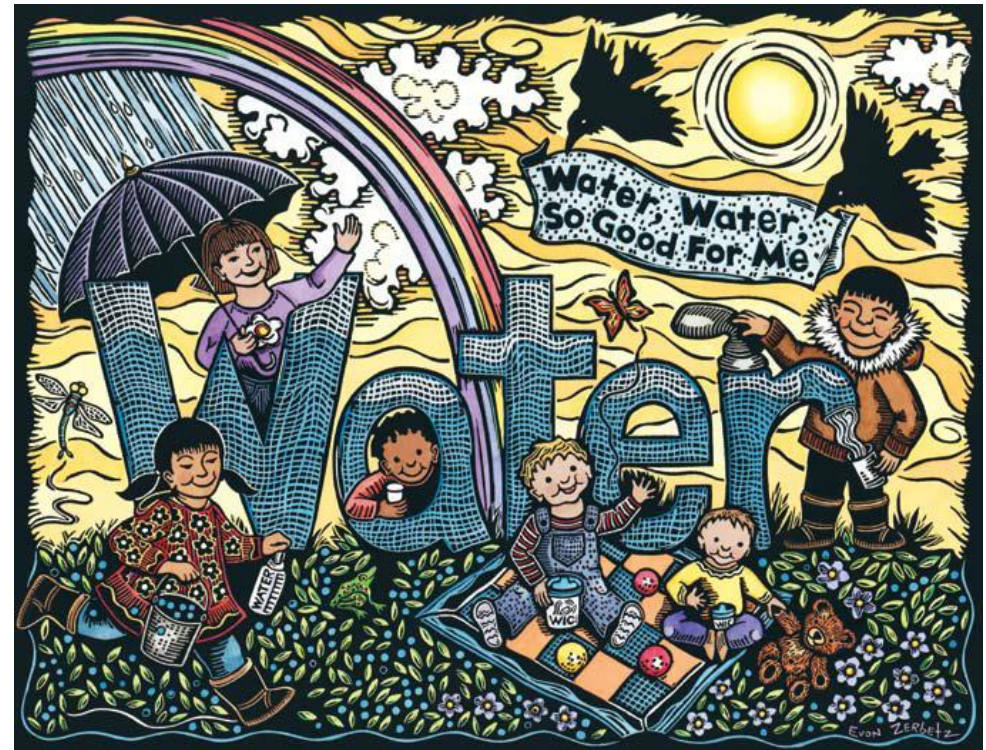
- Mint
- Basil
- Cilantro
- Thyme
- Rosemary
- Lavender
- Ginger

**Be creative! Flavor water with one ingredient or try fun combinations.**

1. Wash fruit and herbs.
2. Add water and ice to a large container.
3. Add crushed or chopped fruit and herbs to the container and stir.
4. Chill a few hours for maximum flavor, or enjoy immediately!

# MAT-SU STRONG

## Growing healthy families



**Choose Health.**  
**Drink WATER.**