



Nature made,
kid approved.

**Water –
it's the CLEAR choice**

We all know that water is good for us, but not everyone drinks it. Try these refreshing ideas to make water fun and tasty.

- o Add slices of oranges, lemons or limes
- o Try seltzer water with a splash of juice
- o Add sliced cucumbers and fresh mint
- o Make juice ice cubes and add them to your water
- o Add frozen raspberries or blueberries
- o Add fun straws for children

Keep it in a pitcher in the refrigerator for enjoyment all day long!

Do you have any other ideas that would be fun to try?
