

# WAYS TO REV YOUR BEV WITH YOUR CHILD

## RECIPES TO REV YOUR BEV

Have you ever tried infusing your water with fruits or veggies? This is a fun and tasty way to get your child to enjoy drinking water!

### DIRECTIONS:

1. Slice up the fruit and/or vegetables.
2. Stir into a pitcher of water and let chill in the refrigerator overnight.
3. Add ice, pour into a cup and enjoy!



### STRAWBERRY KIW BLAST

#### INGREDIENTS:

Strawberries · Kiwi  
Cucumber

### PEACH BERRY

#### INGREDIENTS:

Peach · Blueberries  
Mint

### ORANGEADE

#### INGREDIENTS:

Orange · Lemon  
Sparkling Water

ASK YOUR CHILD TO HELP CHOOSE UNIQUE FLAVOR COMBINATIONS OF FRUIT AND VEGGIES TO ADD TO WATER. INVENT A FUN NAME FOR YOUR CREATION USING YOUR CHILD'S NAME, SUCH AS "SAMANTHA'S SNAZZY STRAWBERRY SIPPER!"

## REV YOUR BEV WATER BOTTLE CRAFT

Make drinking water even more fun by creating a cool, personalized water bottle!

### WHAT YOU NEED:

• Water bottle • Crayons or markers • Safety scissors • Tape • Stickers (optional)

### WHAT YOU DO:

1. Have your child color in the design below and draw different fruits and vegetables that he/she would like to infuse into water.
2. Cut out the drawing on the dotted line.
3. Tape the strip of paper around a water bottle.
4. Create a fun combination of fruit, vegetable, and herbs with your child and infuse water in the newly decorated water bottle. Enjoy!



✂ Cut along the dotted lines ✂