

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 KIWIBLAST

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 ✂