



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?

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