

Make Fun

FLAVORED WATER

Infuse a bit of fun flavor into water with fruit, or even vegetables and herbs!

Be creative and try lots of different combinations!

Let the kids come up with ideas for the next flavor infusion!

You can make infused water in a large jug by simply adding sliced or chopped-up fruit, vegetables, and/or herbs to the water. Try lemon and orange, melon and mint, cucumber slices, or frozen berries; get more ideas from the lists below. Let it set a few hours, then enjoy poured over ice. Share your creation by setting up a sampling table for others to try!

Fruit

- Berries
- Oranges
- Lemons
- Lime
- Grapefruit
- Pineapple
- Grapes
- Watermelon
- Mango
- Cantaloupe
- Honeydew
- Kiwi
- Cherries
- Apples

Vegetables

- Cucumber
- Jalapenos
- Bell Peppers
- Celery
- Carrots

Herbs

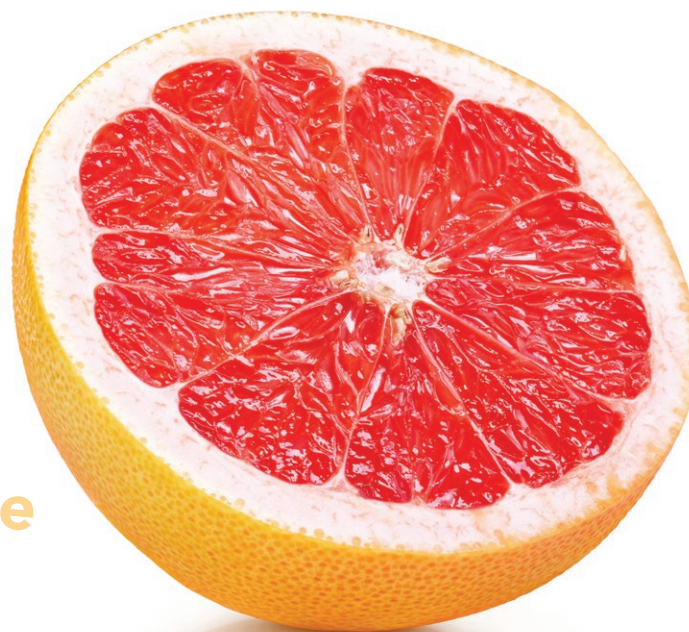
- Basil
- Mint
- Rosemary
- Cilantro
- Lavender
- Tarragon
- Thyme
- Sage
- Ginger Root

cucumber**mint**

cheers to
drinking
water!

ginger**apple**

pineapple**sage**



MaineHealth

LET'S GO!

5-2-1-0