

WATER

First



Water First for Thirst

"If there is MAGIC on the PLANET, it is contained in water."
-Loren Eiseley

As we move into summer, it's more important than ever to stay hydrated. This summer, let's make **Water First For Thirst**.

According to a recent study, 20% of children in the U.S don't drink any tap or bottled water on any given day. Lack of proper hydration can contribute to childhood obesity, diabetes, headaches, poor endurance, constipation, and many other problems.

3 ways to help your child choose water first -



1 Let your child pick out a "cool" looking water bottle or their own container to keep in the refrigerator.

2 Infuse their water. Let your child experiment with different pairings of fruits, vegetables or herbs. Add frozen fruit instead of ice cubes.

3 Lead by example. Drink water at mealtimes and throughout the day. Set goals by asking your child to count how many glasses of water they drink per day. Reward them if they reach the target.

Healthy Harvest of the Month

Water!

Health and Learning Success Go Hand-in-Hand

- Children are at greater risk of dehydration than adults. According to Water First For Thirst, well-hydrated children perform better at school due to improved overall brain and body health.
- For each additional sugary drink, a child consumes per day, his or her risk of obesity increases by 60 percent.

What Water Does For The Body

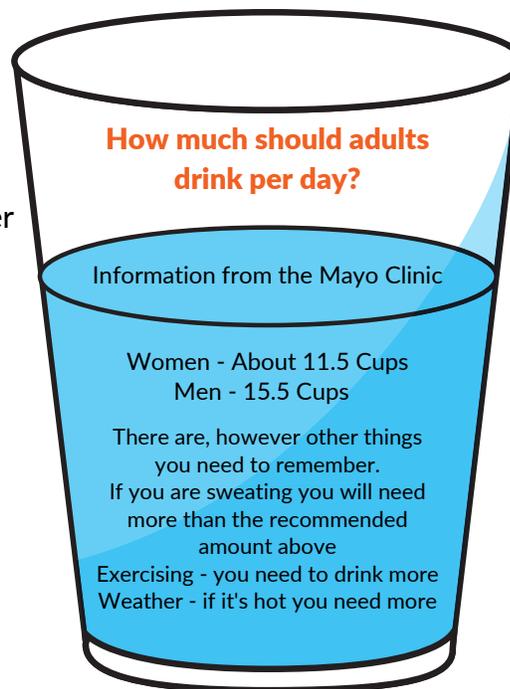
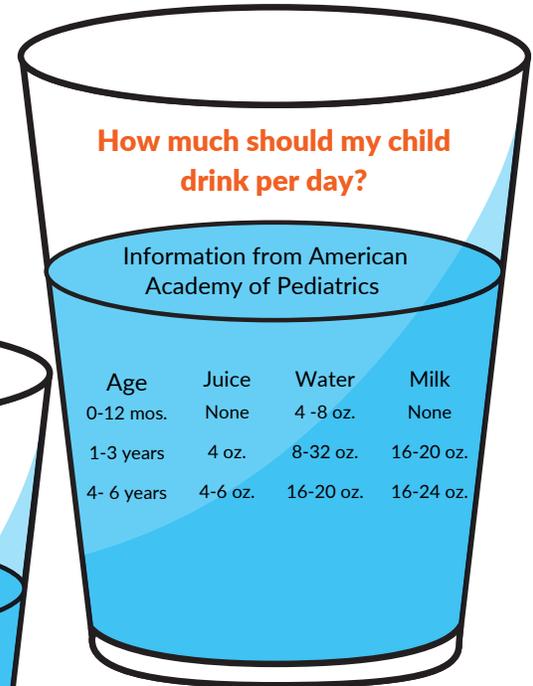
- Aids in digestion
- Promotes proper blood circulation
- Decreases risk of childhood obesity
- Provides fluoride to help strengthen teeth (in most city water)

Healthy Serving Ideas

- Always have water easily accessible
- Put frozen fruit into a cup of water
- Make fun infused waters

Other Water Sources

- Typically 20% of our fluids come from the foods we eat!
- Foods with High water content
 - Watermelon | 92% Water
 - Strawberries | 91 % Water
 - Cucumber | 95% Water
 - Tomatoes | 94% Water



Infused Water

Adding fresh, colorful fruit to your water pitcher may entice your kids to drink more water.

As a rule, softer fruits like berries, watermelons, and peaches can be added in whole or in chunks. Firmer fruits like apples should be sliced thinly to release more flavor into the water.

Fruits to Infuse:

Strawberries, Raspberries, Cherries, Watermelon, Apples, Oranges, Peaches, Cantaloupe, Lemons, Pineapple, Mango, Kiwi, Pears, Honeydew, Blueberries, and Blackberries

