

Water Wednesday

Drinking water can be fun! It's up to you to make it that way.

The best way to encourage students to drink more water is to make it exciting. We came up with a great way to do so... Host a Water Wednesday party!

Here's how it works:

1. Have all students bring a water bottle to school and provide cups for those who may forget.
2. Have fresh fruit sliced and prepared in large containers of water in a cafeteria, hallway or accessible area at a certain hour of the day.
3. Invite all students in between classes or free time to fill up their water bottle or cup with FUN fruit water.
4. We hope students will enjoy fruit water and try it themselves at home.

What you will need:

- Cups
- Large beverage dispenser
- Sliced fruit
- Water
- Ice

The recipe directions:

1. Prepare 8 cups of sliced fruit per gallon of water
2. Squeeze or press fruit with a muddler in beverage dispenser
3. Add desired amount of ice to beverage dispenser
4. Pour water over the ice and fruit
5. For best infusion, let all fruit sit in dispenser for 2 hours prior and then chill in refrigerator or add ice
6. Pour and enjoy!

Recipes:

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- Strawberry and Lemon
 - Blueberry and Orange
 - Cherry and Lime
 - Kiwi and Cucumber
 - Grapefruit and Raspberry
 - Watermelon and Coconut
 - Mango and Pineapple
 - Mango and Lime
 - Grape and Orange
 - Honeydew and Raspberry