

# FRUIT INFUSED WATER

CAN BE A FUN WAY TO SERVE WATER, AND A GREAT ALTERNATIVE TO JUICE.

---

Adding fresh sliced fruit and fresh herbs to a jug of ice cold water can add a lot of colour and flavour, making the daily water jug something exciting that students will look forward to trying.

## Try these 10 ideas:

1. Blueberries and orange slices
2. Watermelon slices and basil
3. Mint and lime slices
4. Cinnamon sticks & pear slices
5. Grapefruit slices and raspberries
6. Cucumber slices and mint
7. Lemon slices and thyme
8. Blueberry, lemon slices, and rosemary
9. Mango chunks and sliced ginger root
10. Kiwi, strawberry, and lime slices

**Invite students to come up with their own ideas!**



### **Do you have a school garden?**

Try incorporating some of the herbs that students grow in the garden. Or, start growing windowsill herbs in the classroom to add to water!

### **Keep it fresh**

Be sure to wash all fruit and herbs before adding to water. Store infused water in the refrigerator until ready to serve.

