## Healthy Children, Healthy Family Fruit Infused Water



Makes: 2 quarts
Preparation time: Make 4-8 hours before using
Ingredients: Try one of the following:

- $1 / 2$ lemon (in slices), $1 / 2$ cucumber (in slices), 6 mint leaves or
- 3 tangerines (peeled, separated into sections, and sliced ) or
- 1 cup of strawberries (without tops and sliced)


## Instructions:

1) Fill a large container with water, allowing space for the fruit.
2) Add about a cup of fruit, vegetables or herbs.
3) Store in the refrigerator for at least 4 hours before serving.
Note: Try different combinations of fruit and herbs. Discover your family's favorite! This is a great way to use small leftover pieces of fruits and vegetables.


My Family's Goal: We will try our best to
$\qquad$
$\qquad$

Copyright®2016 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H .

