

# Healthy Children, Healthy Family

## Fruit Infused Water



**Makes:** 2 quarts

**Preparation time:** Make 4-8 hours before using

**Ingredients:** Try one of the following:

- ½ lemon (in slices), ½ 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

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