

Making Fruit-Infused Water at Home



INTRODUCTION

Fruit-infused water delights the senses — it's colorful, tasty and fun to prepare! Try putting sliced fruit, berries or herbs in your water to make drinking water more memorable. Make a pitcher to share or add fruit to your personal water bottle — whatever works best for you.

In addition to being fun to make and delicious to drink, fruit-infused water is a healthy choice. Water facilitates nearly every bodily function, strengthens the immune system, and improves focus and concentration. For active and growing GOTR girls, drinking water is an important part of fueling our bodies, minds and community!

INSTRUCTIONS

1. Click here to read “Tips for Drinking More Water to Stay Hydrated and Healthy.” Have a conversation with your girl about what you learned. Ask her what she already knows, thinks or has questions about. Then discuss the following questions together:
 - ★ How do you feel when you haven't had enough to drink?
 - ★ What strategies for drinking more water could work for you and your family?
2. Gather your ingredients.
 - ★ Choose one combination of ingredients.
 - ★ Alternatively, gather ingredients and create a “water bar” by preparing a variety of ingredients so that each person can choose and create their own combination.
3. Wash your ingredients thoroughly.
4. Safely peel, slice and/or cube your ingredients.
5. Add your prepared fruit and herbs to a pitcher or a glass, then pour in water. To intensify the flavor, you can muddle the ingredients with a spatula before adding the water.
6. You can allow water to infuse for 3 hours (12 hours maximum) in the refrigerator.
7. Drink and enjoy!

SHARE & CONNECT

- ★ How was the experience of making and drinking fruit infused water different from drinking “regular” water for you?
- ★ After this activity, what commitment can you make to drink more water? Set a family goal!

GOALS

- ★ To learn why drinking water is important for good health.
- ★ To practice drinking water in new ways.

MATERIALS

- ★ Fruit and herbs
- ★ Cutting board
- ★ Paring knife
- ★ Peeler
- ★ Water pitcher, glasses or a container

Click the icons to the right and **share your water creations with Girls on the Run**
#GOTR #drinkmorewater
#rethinkyourdrink #drinkwater



COOL CITRUS COMBO

CUCUMBER SLICES

LEMON SLICES

LIME SLICES

BERRY BLAST COMBO

STRAWBERRIES

BLUEBERRIES

ORANGES

MINTY MELON COMBO

FROZEN PINEAPPLE

WATERMELON

MINT