

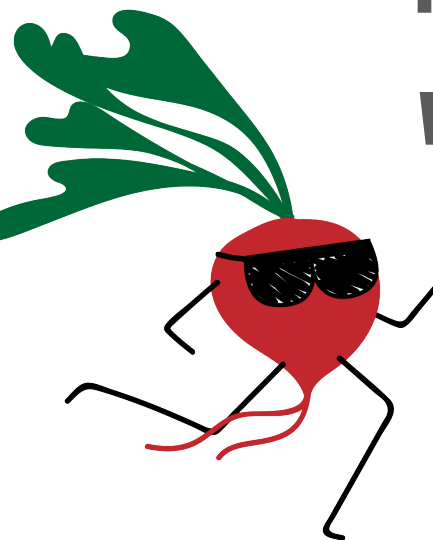


WHAT'S IN YOUR CUP?



How many glasses of water did you drink this week? Circle a drop below for each glass of water you drink. Each water drop represents one glass of water (8 ounces).

SUN								
MON								
TUES								
WED								
THU								
FRI								
SAT								



Stay Hydrated Throughout the Day!

Did you know that the human body is 60% water? When we have enough water for our bodies to work well, it means we are hydrated. All of that water plays an important role in helping your body by controlling your body temperature, helping your blood flow, and moving important nutrients around your body. When we don't drink enough fluids throughout the day, our body can become dehydrated. This means your body doesn't have enough water to work well.



An easy way to stay hydrated is to drink water during the day. Don't forget that a lot of the water needed each day comes from the foods you eat.

Still worried about getting enough? Drink as much water as you need to not feel thirsty! If you are very active or outside on a hot day, be sure to drink plenty of water to stay cool.

What are some ways to increase the amount of water you drink during the day?

- Have a glass of water with every meal.
- Make water an easy choice! Fill a reusable water bottle in the morning and keep it with you during the day for when you get thirsty.



Did you know?

One glass of water is about 8 ounces.

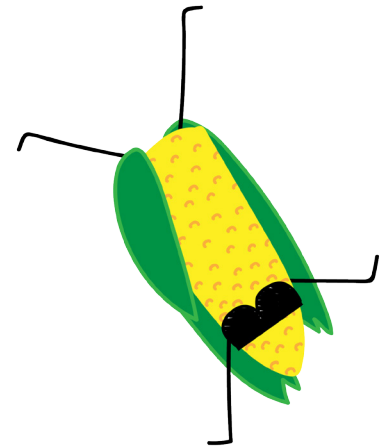
What are some other healthy drink options?

Water is the best drink to fight dehydration, but sometimes you need to change things up! Try mixing sliced fruits with water to create a refreshing and healthy drink! Here are some ideas:

- Mango and pineapple
- Blueberries and raspberries
- Strawberry and lemon
- Orange and lime

In addition to water, there are other healthy options. Try these out, too:

- Milk
- Tea
- 100% Fruit Smoothies



How can you promote hydration in your family?

Children learn by watching their parents. Promote hydration and healthy choices by making the decision to drink water throughout the day. Healthy behaviors start with you! Another way to boost your child's intake is to buy a reusable water bottle of your child's choice. Your child can show off their cool water bottle and be a positive role model for other children too!

HEALTHY FAMILY CHALLENGE

- **Drink a glass of water with every meal at least 4 days of the week.**
- **Make one of these flavored water recipes above and keep a pitcher in the refrigerator for your family to try!**

This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP, an equal opportunity provider and employer. SNAP (CalFresh) provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.