



WATER... a very cool drink!

- ✓ Carry a water bottle with fresh tap water where ever you go!**
- ✓ Keep a bottle or jug of tap water in the fridge to keep it cool and refreshing!**
- ✓ Enjoy a glass of ice water with a slice of lemon.**
- ✓ When you feel hungry, drink a cool glass of water before you eat something—you may not be hungry after all!**
- ✓ Whenever you pass a water fountain, take a drink and help your child get a drink, too.**



**8 glasses a day...
very cool!**