

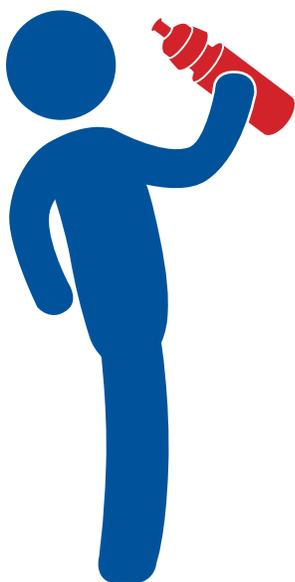


### Quick Tips for Making Water More Exciting

This information supports the following Healthy Beginnings 2-5 guidelines:

- Avoid sugar sweetened beverages (these include pop, juice cocktails, energy drinks, iced teas, sports drinks, fruit or vegetable juices that is not 100 % juice, punches, etc.)
- Serve water as a beverage during snack time.
- Have water available at all times and use to quench thirst.

It is important to discuss the importance of making healthy beverage choices and staying hydrated with the children in your centre. Water is the healthiest beverage choice for everyone. However, that does not always mean water needs to be consumed in its plain form. Here are some quick tips to jazz up a simple glass of water.



- Make fun shaped ice cubes together. Ask kids to search the centre for toys they think might make good ice cubes and together select a few that might work. Clean them thoroughly and see if you can make some goofy looking ice cubes. Other fun moulds might include cleaned egg cartons, odd shaped serving spoons or sanitized sand box moulds. You can also buy a variety of pre-shaped novelty ice cube trays.
- Make a large ice cube, such as with a Tupperware container or a non-latex glove or balloon, and then smash it into a clean container with the children. Serve it in tap water.
- Make ice cube popsicles. Allow ice to freeze until partially set, then pop in a popsicle stick. Allow it to freeze completely before serving.
- Create snowball treats by blending ice cubes with a little bit of water. Serve with a straw or spoon. These can be drizzled with a tablespoon of juice or fruit puree.
- Warm water up and serve in a mug. Add a cinnamon stick or wedge of orange to stir the water.
- Try serving water in unconventional vessels. Giant straws, silly glasses or personally decorated water bottles can make water more enticing.
- Adding fruit can flavour water. Try giving fruit stir sticks of citrus or watermelon. Large frozen melon chunks make great ice cubes.
- Add thinly sliced cucumber or chopped mint leaves to flavour water.
- When planning ahead for a busy active day, get kids to make their own ice cube water bottles by freezing a water bottle half full with water. Let them freeze a treat, such as a slice of orange or kiwi, in it. The next day, fill it up with tap water and go.
- Make water bubbly by adding a tiny bit of mineral water.
- Mix in a few drops of coconut water or citrus oil.
- Brew strong caffeine-free mint or lemon tea in a pot. Serve as frozen ice cubes or cool and serve over plain ice cubes. Raspberries make a tasty garnish.

Adapted from <http://blog.zisboombah.com/?s=kids+drinking+water> and <http://www.livestrong.com/article/102931-child-drink-water/>