

Water Does Wonders!

- Water is the best choice to satisfy thirst.
- Drinking water with and between meals is a sugar-free way to keep hydrated, and feel energetic and alert.
- Keep your kids sipping water throughout the day by sending reusable water bottles to school and sports activities.
- Flavour water with fruit (lemons, limes or grapefruit), and herbs (mint or basil), to add interest and boost intake.



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