Cool Treats

Flavored Water
Drinking enough water can be a challenge. Adding flavor to water can help you drink more healthy fluids and avoid artificial additives. These ideas for flavored water don't include adding sugar — or wasting any of your precious food dollars.

• A twist of lemon or lime (or a little juice)
• A small piece of fruit (add some juicy wild raspberries or blueberries)
• A little unsweetened cranberry concentrate (lowbush cranberries are the best!)
• A slice of cucumber (subtle, but refreshing)
• A mint leaf or two (“bruise” them a little to release the flavor)
• A lavender flower or other edible flower
• Herbal tea bags for excellent iced tea
• 100% fruit juice mixed with sparkling water

Popsicles
Use paper cups and inexpensive plastic spoons to make fun popsicles at home. Pour 100% fruit juice into paper cups, place spoon into cup and freeze. Peel the paper cup away and hold by the spoon to manage your treat. You can use a mix of 100% fruit juices or add ripe fruit to invent your own special flavors to enjoy on a summer afternoon.
Family Nutrition Program

- Make half your plate fruits and vegetables.
- Choose water over sugary drinks.
- Make a grocery list before you shop.

The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

For information on free classes:
Adrian Kohrt • 907-474-7930
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www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces • 1-877-520-5211

This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.

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