

Flavor water with fruit for a mouth-watering treat!

For best results, add sliced fruit to water  
at least 30 minutes before drinking.

Try these blends to get started!

- Strawberries and Melons
- Oranges and Blueberries
- Cucumber and Mint
- Blueberries, Lime and Cilantro



[www.healthy.ohio.gov/WaterFirst](http://www.healthy.ohio.gov/WaterFirst)

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