

## Drink more water & less sugary drinks every day!



*Infuse your water with a variety of fruits and vegetables*

**Try this Strawberry Lemon Mint Infused Water recipe!**

### Ingredients:

- 3 cups water
- 2 lemons, sliced
- 5–7 **strawberries**, sliced
- 10 mint leaves
- 4 cups ice (optional)

### Instructions:

1. Wash fruit and mint leaves
2. Place **strawberries**, lemons and mint in a pitcher
3. Pour water over ingredients
4. Chill or serve with ice

*Share your strawberry lemon mint water on social media!*



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Consuming a range of **fruits** provides the body with nutrients and antioxidants that can boost overall health and reduce the risk of disease. **Fruits** are an excellent source of essential vitamins and minerals, and they are high in fiber. **Fruits** also provide a wide range of health-boosting antioxidants.

## Harvest of the Month: Strawberries



### Benefits:

- **Strawberries** are great sources of potassium which helps improve muscle function
- About eight large **strawberries** are equivalent to one cup of fruit

### Buying Tips:

1. Choose shiny, firm **strawberries** with a bright red color and fresh green caps
2. Store **strawberries** in the refrigerator for 1–3 days and wash just before use



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