## JOIN THE GROWING NUMBER OF FAMILIES MAKING TAP WATER THEIR DRINK OF CHOICE

- Keep a jug of chilled water in the fridge
- Start and end the day with water at your table
- Pack a water bottle in your child's bag
- Carry a water bottle and refill across your day


## SUMMER BOOST

- 1 litre chilled tap water
- 6-8 strawberries, sliced
- 8 mint leaves, torn
- Ice cubes

Here are some simple ways to turn your tap water into something a little more. Infuse for 2 hours or overnight for a more intense flavour.
 E UERY DAY

## REFRESHER

- 1 litre chilled tap water
- 2 cups watermelon, sliced
- 1⁄2 lemon, sliced
- 10 fresh basil leaves


