

Healthy Hydration Ideas

Infused Water

Fill a pitcher of cold water and add any of the following combinations:

- cucumber and lemons
- lemons and limes
- watermelon and mint
- Serve over ice in mason jars for a unique look!

Juice Spritzer

- Mix 100% fruit juice (pomegranate, orange, pineapple) with club soda or PC sparkling water.
- Garnish with Lime, lemon, or berries
- Add a Juicy Ice cube for more flavour!

Juicy Ice Cubes

- Freeze 100% fruit juice in fun-shaped ice cubes (hearts, fish, stars) and float them in glasses filled with soda water.
- For a less concentrated flavour, dilute the juice with water before freezing.

Sparkling Drinks

Try serving Sparkling Fruit Beverage (Pomegranate Cranberry or Peach Mango) at your next BBQ event. It offers a healthier alternative to carbonated soft drinks, and is a great addition to your BBQ punch.



Sparkling Water

Zero calories, all natural flavor, and not artificial sweeteners! Comes in a variety of flavours. Try mixing it with one of the suggestions above or having it on its own.



This handout has been provided to you by your in-store Dietitian
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