

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!

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.

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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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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