**Key Message:**

Putting fruit, vegetables and fresh herbs in your water is a healthy, tasty, refreshing and fun way to add flavor to your drink!

**Supplies:**

* 3 gallons/11 liters of water
  + Buy more or less depending on audience size.
* Assorted sliced fruit, vegetables and herbs in individual bags/containers
  + Popular favorites are lemons, limes, oranges, strawberries, blueberries, blackberries, raspberries, cucumbers, mint and basil.
* Small disposable plastic cups\*
* Large spoons or tongs
  + 1 per fruit, vegetable and herb offered
* Table
* Table cloth
* Cooler
* Ice
* Signs for fruit, vegetables and herbs

**Instructions:**

1. Choose the fruit, vegetables and herbs that you will use for your activity. Have a few options to provide variety.
2. Clean and prepare fruit, vegetables and herbs in advance.
   * Thinly slice lemons, limes, cucumbers and strawberries.
   * Tear off whole mint and basil leaves.
   * Keep blueberries, blackberries and raspberries whole.
3. Store prepared fruit, vegetables and herbs in a cooler with ice, until ready to serve.

1. Invite participants to:

* Add water to cups/water bottles.^
* Add any combination of fruit, vegetables and herbs to cups/water bottles.
* Enjoy!

*Popular Health-Infused Water Combinations to suggest:*

* Cucumber and mint
* Strawberry and basil
* Orange and blueberry
* Lemon and Lime
* Lime and mint
* Berry mix: strawberries, blueberries, blackberries and raspberries