

# Fruit Infused Water

## Quick Tips

- To stay hydrated, drink eight cups of water each day. Drink more when it's hot outside and when you are physically active.
- Fill a water bottle and carry it with you during the day.
- Get creative! Make water even tastier by adding a slice of your favorite fruit.



### Spring: Strawberry and Basil

#### Ingredients:

2 cups sliced strawberries  
1/4 cup fresh basil leaves  
Water or carbonated water  
Ice

#### Directions:

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

### Early Summer: Mixed Berry

#### Ingredients:

2 cups blueberries, raspberries and/or blackberries  
Water or carbonated water  
Ice

#### Directions:

1. Add berries to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

### Late Summer: Watermelon and Jalapeño

#### Ingredients:

2 cups chopped watermelon  
1/2 jalapeño, seeds removed and sliced thin  
Water or carbonated water  
Ice

#### Directions:

1. Add watermelon and jalapeño to a large pitcher.
2. Crush the ingredients with a spoon.
3. Add ice and water to pitcher. Stir to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

### Fall/Winter: Apple, Pear and Ginger

#### Ingredients:

1 apple, sliced  
1 pear, sliced  
2 tablespoons minced ginger  
Water or carbonated water  
Ice

#### Directions:

1. Add all ingredients to a pitcher and gently press to release some of the juices.
2. Add ice and water to pitcher. Stir to mix and enjoy!

Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

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Health

Just Say Yes to Fruits and Vegetables