# MAY NEWS

## **CHALLENGE: 0 SUGARY DRINKS A DAY**



## Water Fun:

- Bring a full water bottle with you wherever you go- this way you will never be thirsty.
- See who can drink the most water in your family in one week. Hang up a chart on the refrigerator and have everyone track what they drink!
- If you don't have them, you won't drink them! Try your best to not buy sugary drinks at the store. This can help the whole family!
- Keep a pitcher of water in your fridge at all times! Drinking cold water tastes better. Try adding fruit to your water to make it more fun. See the recipe below.



## BILLY'S TIP

## **60 Minute Give-Away:**

Take 60 minutes and help a neighbor with chores. Help with yard work, painting, cleaning, etc.

## **Recipe: VERY BERRY WATER**

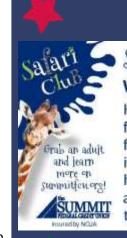
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## Ingredients:

- ¼ Cup blueberries
- 1/4 Cup raspberries
- 8 oz. water
- Ice
- Fork or potato masher

### Recipe:

- Add the fruit to your cup
- Gently mash the fruit down with your fork or potato masher until some juice has leaked out
- Add water and ice to fill up your cup
- Enjoy!



## Stay Money Healthy:

## What is a Credit Card?

Have you seen someone in your family use a credit card to pay for something? A credit card isn't free money. It's a loan you have to pay back each month, and the longer you wait to pay, the more money you'll owe.





# Go for H20



Did you know that water is important for humans, animals and plants?

Elephants can drink up to 50 gallons of water a day!

You need to drink at least **7 cups** of water a day.

Find a cup around the same size as the one below (about 8 ounces). Try to drink a full glass of water out of this cup seven times today. Color in a different section of the cup each time you drink a cup of water!



