

MAY NEWS

CHALLENGE: 0 SUGARY DRINKS A DAY

Name: _____

Teacher: _____ Grade: _____

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



Ingredients:

- ¼ Cup blueberries
- ¼ 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.

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Go for H2O



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!

