

# 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.

Grab an adult and learn more on [summitfcu.org!](http://summitfcu.org)

**THE SUMMIT**  
FEDERAL CREDIT UNION  
Insured by NCUA

# All about Water



Everyone needs to drink water to be healthy and stay strong!

Draw a line between the items below to match the item on the left to how much water they need a day.



Ounces of water



Cups of water



Gallons of water

