

SPAR 

BETTER CHOICES kids



FREE RECIPE
TO TAKE HOME



Tips for drinking
More water



IT CAN BE DIFFICULT TO GET YOUR CHILDREN TO DRINK ENOUGH WATER BUT THESE TIPS CAN HELP:

Make water easily available by putting a pitcher on the dinner table so your children can help themselves to water whenever they need it.

Flavour water by adding fruit or herbs like strawberries, lemon, raspberries, mint or basil. Or a combination of fruits and/or herbs.

Make a chart where your child can keep track of how much water they drink. A good daily average is five glasses for 5 to 8 year olds and seven glasses for 9 years and older.

WHAT DO YOU NEED TO MAKE IT FUN:

A pitcher

Fruit such as strawberries, lemon or raspberries

Herbs such as mint or basil

A4 paper

Pens or stickers

Colourful cups

Fun straws

TIP!

Drinking enough water during the day helps keep you physically active and focused



ENJOY!