summer is in full swing!

SOUTHWESTERN REGION

STAY HYDRATED

Drink Water Your Way

Make It Tasty
- Fresh ice
- A splash of 100% fruit juice. It could be leftover from fruit canned in 100% juice.
- Fresh fruits, veggies or herbs that have been torn, cut or mashed to release their flavor.
- Frozen fruits, vegetables, juice or herbs:
  - frozen berry pieces
  - make ice with pieces frozen into it
  - freeze mashed fruit in an ice cube tray
  - freeze 100% fruit juice

Make it Easy
- Try a reusable bottle - choose one that is easy to carry, easy to fill, easy to keep clean and seals tightly.
- Add ice to your water bottle for cold water while you are out and about.
- Keep water handy and cold in the refrigerator so it is an easy choice.

Make It Special
- Choose a nice looking container or glass.
- Ask kids to choose a name for their drink.
- Add a garnish to each glass - try a citrus slice over the edge, a single piece of fruit, or a cucumber slice.
- Make it fizzy by adding sparkling water or soda water (unsweetened) with some 100% fruit juice.

Water helps keep your body temperature normal

JULY 2022

WHAT'S IN SEASON?
- Corn
- Cauliflower
- Summer Squash
- Tomatoes
- Cherries
- Blueberries
- Broccoli
- Beans

Choosing water at home and out will save money and lower calories!
Here are some quick tips to help **Rethink Your Drink!!**

Choose water (tap, bottled, or sparkling) over sugary drinks.

- Need more flavor? Add berries or slices of lime, lemon or cucumber to water.
- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Need help breaking the habit? Don’t stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- Water just won’t do? Reach for drinks that contain important nutrients such as low-fat or fat-free milk, fortified milk alternatives, or 100% fruit or vegetable juice first.
- At the coffee shop? Skip the flavored syrups or whipped cream. Ask for a drink with low-fat or fat-free milk, a milk alternative such as soy or almond, or get back to basics with black coffee.
- At the store? Read the Nutrition Facts Label to choose drinks that are low in calories, added sugars, and saturated fat.
- On the go? Carry a reusable water bottle with you and refill it throughout the day.

Rethink your drink and be a role model for your friends and family by choosing water and other healthy, low-calorie beverages.

**Rethink your drink!! And make better beverage choices!**

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**BANANA BERRY SMOOTHIE**

![Banana Berry Smoothie Image]

**Ingredients:**
- 1 cup sliced banana
- 1 cup unsweetened frozen berries
- 1 cup nonfat or 1% milk
- 1 cup 100% orange juice

**Nutrition Facts: Serving Size 1 cup**

| Calories | Total Carbohydrate | Total Fat | Dietary Fiber | Total Sugars | Protein |
|----------|-------------------|-----------|................|--------------|---------|
| 100      | 22                | 1 g       | 0 g           | 14 g         | 3 g     |

**Directions:**
1. Place all ingredients in a blender. Put the lid on tightly.
2. Blend until smooth. If too thick, add 1/2 cup cold water and blend again.
3. Refrigerate leftovers within 2 hours.

for more recipe visit: [https://snapedny.org/snap-ed-ny-recipes/](https://snapedny.org/snap-ed-ny-recipes/)

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