

# Beat the Heat

*The hot days of summer are coming!*

Beat the heat with healthy drinks.

- Enjoy cold water with ice. Keep a pitcher of water in your refrigerator.
- Try a squeeze of lemon or lime in your water.
- Drink bottled water if your water is unsafe to drink.
- Buy unsweetened flavored waters.
- Limit soda and other sugary drinks.

**Blend a cool summer drink...**

**Strawberry Tea** - Blend together 2 cups unsweetened ice tea with  $\frac{1}{2}$  cup strawberries.



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