



h.o.p.e.

Healthy Options that
Promote Excellence

Stay Hydrated! A Tasty Drink To Cool You Down

By: Michael 'Terra' Polite, A.A.S. | Extension Associate, Horticulture | 4-H Tech Change Makers

Summer isn't over yet and with back to school recess and bus rides, it's important to stay hydrated. Water is SO important for your bodies. It allows and assists the transport of nutrients like vitamins and minerals to all parts of our bodies and helps them to absorb well. It also carries oxygen to our brains, helping us think clearly and it flushes out waste and toxins. If you WANT to drink more water but just find it so boring and not very exciting, THIS cucumber mint flavored water is just for you! It's incredibly easy to make and it gives flavor to your water using healthy and fresh ingredients! Both Cucumber and Mint have qualities about them that can aid in cooling your body temperature to help with hydration and helping prevent heat exhaustion.



but just find it so boring and not very exciting, THIS cucumber mint flavored water is just for you! It's incredibly easy to make and it gives flavor to your water using healthy and fresh ingredients! Both Cucumber and Mint have qualities about them that can aid in cooling your body temperature to help with hydration and helping prevent heat exhaustion.

Cucumber-Mint Infused Water

Supplies:

- 2-quart pitcher
- Cucumber
- Fresh mint
- Water
- Citrus (*optional*)

Directions:

- Thinly slice 1 large cucumber or 2 small ones.
- Collect 3+ 5-8 inch fresh mint sprigs.
- "Activate" the oils of the mint sprig by slapping in palm of hand. Add leaves or sprigs to a 2 quart pitcher.
- Add cucumbers. Gently Stir.
- Refrigerate for 15+ minutes, the longer it sits the better.

