

WIN a

Water

**Bottle!** 

## Water Challenge

## **Drink 8**

glasses a day for 2 weeks: June 10-23, 2001.

Complete two weeks worth of challenge cards.

- Feel refreshed.
- . Cool off.
- Improve your skin tone.
- Take in fewer calories.

## **Drink more water!**

Return your challenge cards to Elva by June 26!



USDA prohibits discrimination in the administration of its programs.



- Take water breaks.
- Add seltzer water to 100% juice.
- Take a bottle of water on trips.
- Buy bottled water instead of soft drinks.
- Add orange or lemon slices to a glass of water.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service, under Grant Number 59-3199. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.