

**Team WIC**

# Water Challenge

**Drink 8 glasses a day for 2 weeks: June 10-23, 2001.**

**Complete two weeks worth of challenge cards.**

**Return your challenge cards to Elva by June 26!**

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

**Drink more water!**

**WIN a Water Bottle!**



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.**