

# Summer Fruits & Vegetables



Apricots  
Bell Peppers  
Berries  
Cherries  
Corn  
Cucumbers  
Edamame  
(green soybeans)



Eggplant  
Figs  
Garlic  
Grapes  
Grapefruit  
Green Beans  
Jalapeños



Lima Beans  
Limes  
Melon  
Nectarines  
Okra  
Peaches  
Peas



Plums  
Radishes  
Spinach  
Squash  
Sugar Snap Peas  
Tomatoes  
Zucchini

**MAKE TODAY A TRY-DAY!**

**PREP TIME: 15 MINUTES**

## Fruit and Veggie Waters



**CHOOSE WATER  
INSTEAD OF SUGAR-  
SWEETENED DRINKS**



A few slices of fruit, vegetables, or herbs can make plain water more interesting. Don't worry about exact measurements — just add sliced fruit to water (about 1 cup of fruit per 5 cups of water), and let it sit in the refrigerator for at least 30 minutes to let the flavor infuse into the water. Store the water overnight in refrigerated, covered containers if you wish. It's easy!

### MATERIALS

- Water
- Oranges
- Strawberries or pineapple (optional)
- Cucumbers or mint (optional)
- Ice (optional)
- Small cups
- Large utensil to stir water
- Large pitchers or mixing bowls



### PREPARE THE FRUIT AND VEGGIE WATERS

Follow food safety directions on pages 4–5. Slice up any combination of fruit or veggies and mix them with water in large pitchers or mixing bowls to make the infused water. Make one flavor or a few. Chill it for at least 30 minutes in the refrigerator, and then stir before serving. Pour into small cups for easy serving.

### BEFORE TASTING, SAY:

“When you're thirsty, cool water is a great choice. Want to try water with a new twist? Try these refreshing fruit and veggie waters for a change.”

### AFTER TASTING, ASK:

“Did you like the fruit water? Which fruit or vegetable would you like to try next time?”



Have you tried the [Fruit and Veggie Waters](#) recipe we shared at our summer meal site? Kids love it.



**TWEET!**



**FACEBOOK!**