

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Water is essential to how the body functions. Ensuring your child drinks enough water helps their well-being.

HOW TO HELP YOUR FAMILY CHOOSE WATER

- INFUSE WATER WITH LEMONS, MINTS, CUCUMBERS OR BERRIES FOR SOME ADDED FLAVOR
- FREEZE FRUIT INSIDE ICE CUBES TO MAKE IT FUN
- LET THEM CHOOSE A WATER BOTTLE OR CUP THEY WILL LIKELY CONSUME MORE WATER

More Information about the Genesis Program, call or email:

520-562-1237

amber.tso.thd@gric.nsn.us

kayla.kisto.thd@gric.nsn.us

