



Choose Water First

Drink water throughout the day.

Whenever You're Thirsty - It's **Water** Time!

Drink water with your meals.
Drink water with your snacks.
Drink water when you're playing.
Choose water first!



Save Your Money

Drink tap water instead of soda, juice, and sports drinks to save hundreds of dollars.
Drinking tap water is cheap and easy.



Always Stay Hydrated

Staying hydrated can help your energy, mood, and skin.
Listen to your body, drink water!



Power Up Your Brain

Staying hydrated helps your brain work better.



Protect Your Teeth

Choose water over sweet sugary drinks to protect your teeth. Sugar can damage your teeth. Tap water has minerals to keep your teeth strong.



Water Tastes Great!



Chill your water.
For extra flavor,
add lemons, limes,
strawberries, or mint.

