

# Cent\$ible Nutrition News

Helping Families Eat Better for Less

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## Hydrate right to beat the heat

This summer has been unusually hot, with record temperatures in many places across Wyoming. When it is so hot, it is important to stay hydrated. Staying hydrated can help you stay cooler and keep you from feeling sick in the heat.

To hydrate, choose water to drink throughout the day. Our body weight is made up 50%-70% water. Water helps keep body temperature normal, gets rid of waste in the body, and normalizes blood pressure.

While sports drinks may be a good idea after working out in the heat, it usually is not a good idea to drink them throughout the day. Sports drinks, soda, and energy drinks often have added sugars. Water, on the other hand, has no added sugars or calories, making it

the perfect thing to sip all day.

Here are some tips for making water part of your daily habit.

1. Use a reusable water bottle. This creates less waste and they are easier to refill from sinks and drinking fountains.
2. Carry a water bottle with you everywhere. If your water bottle keeps getting left behind, try putting it in strategic places, like your purse or backpack. Or, keep a water bottle at home and one at work.
3. Freeze a half-full water bottle overnight then fill it the rest of the way in the morning for ice-cold water throughout the day.

***Continued on the back***

## Hydrate, continued

4. Jazz up your water with sliced fruit. Lemons, limes, oranges, berries, mint leaves, and even melon can add a burst of flavor to your water. Remember to keep fruit water cold and do not let it sit out for more than two hours.
5. Clean water bottles regularly. Bacteria can grow quickly in the dark, moist environment of the water bottle. Use soap and warm water to wash the water bottle every day, especially if you are putting sliced fruit in it.

Stay cool and stay hydrated!



## Strawberry Lime Water

### Ingredients

- 5 strawberries
- 2 limes
- 1 gallon cold water

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash fruit.
3. Slice strawberries and limes. Add to the water.
4. To release the flavors, gently smash the fruit.
5. Keep water refrigerated and drink within 24 hours.

**Makes 16 servings**

## Join the Cent\$ible Nutrition Program!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyocnp.org/cnp-online-classes/>.



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