EAT YOUR WATER.

Ever suffer from a dull headache or feel sluggish? You might just not be getting enough water.

Good hydration is super important for

your health and general wellbeing, and your go-to choice for hydration should be good old H2O. But you might be surprised by how many

> foods can help keep you hydrated, too.

> > Foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, yogurt, papaya, salad greens, and strawberries are all more than 90% water and can help give your body the water it needs AND help you feel more full at the same time. Plus these foods have the added advantage of providing an amazing array of nutrients your body craves without loading up on calories!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"EAT YOUR WATER"

EAT BETT

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

Cucumbers have the highest water content of any solid food -- they're almost 97% water! "Cukes" provide

excellent nutrition, and they're great by themselves as a snack or with a yogurt-based dip for even more hydration!



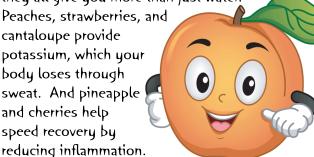
LIVE HEALTHIER

3 out of 4 Americans are chronically dehydrated. The result? Fatigue. Aches and pains. Reduced performance at school and work. Making sure you stay hydrated throughout the day is perhaps the simplest, cheapest, and most gamechanging health measure you can take. And don't wait until you're thirsty!

PLAY HARDE

Hydrating foods are great for exercise, too -- and

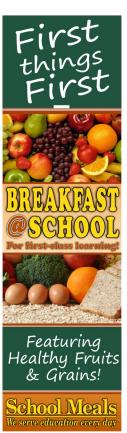
they all give you more than just water. Peaches, strawberries, and cantaloupe provide potassium, which your body loses through sweat. And pineapple and cherries help



LEARN EASIER

Good hydration is absolutely crucial for good learning -- after all, your brain is 85% water! Just a small dip in your body's water tank can slow down thinking, wreak havoc with short-term memory, decrease your ability to pay attention, and make focusing on schoolwork or a computer screen much more difficult.





Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and

much more!

