

kōkua hawai'i foundation



Fruit & Herbal Waters Flavors from the Garden

For better flavor, gently rub the herb leaves between the palms of your hands. Put herbs and fruit in the bottom of the container before adding a gallon of water. Strain or leave the crushed herbs in the container. Add fresh sprigs to each glass when serving and pour over ice if desired.

CUCUMBER COOLER

- 10 cucumber slices
- 2 lemon slices
- 3 sprigs of rosemary

JUST DEW IT

- 10 cucumber slices
- 1/4 cup honeydew melon, balls or cubes

**fruit on skewers look especially nice!*

PINEAPPLE EXPRESS

- 1 cup pineapple cubes or spears
- 1/4 cup of mint leaves

MY MELONA

- 2–3 slices honeydew melon
- 1 lime, sliced
- 4 sprigs of mint

CITRUS SPLASH

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced

MELON MADNESS

- 2 cups seedless watermelon, cubed
- 10 basil leaves

LIQUID SUNSHINE

- 3 large lemons, sliced
- 1/4 cup fresh lavender

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Why Should We Go Back to the Tap?



water is good for you!
Plain water has zero calories and no added sugar.

Beverage containers are bad for the environment.

Fossil fuels are used for bottle production and transport.

Almost 80% of plastic water bottles end up in landfills and waterways.

water tastes great, especially when you are really thirsty.

Bottled water is not safer or cleaner than tap water.

Bottled water is expensive!

Americans spent \$10.6 billion on bottled water in 2009.

Almost half of all bottled water comes from municipal tap water supplies.

All living things need water to survive.

If people drink local water, they are more likely to take care of the source.

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