**Materials List for the Healthy Hydration Program**

This is not a comprehensive list. You can add any materials that you find in your house to customize the activities with your family!

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| **Sugary Beverage Activity** | Sugary beverage cut-outs of the different beverages (you will need to replace the water bottle sugary beverage cut-out with the Nestlé® Pure Life® water bottle).  ½ pound of granulated sugar  5 Clear cups  A measuring teaspoon  Nestlé® Pure Life® water bottle |
| **Infused Water Activity** | Water in a cup or pitcher  Any fruit you have in the house  A knife  A plate or cutting board |