



The Healthy Hydration Company™



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Mixology Lesson Plan

Key Message

Putting fruit, vegetables and fresh herbs in your water is a healthy, tasty, refreshing and fun way to add flavor to your drink!

Ingredients

- ✓ 6-12 gallons of water
 - Buy more or less depending on audience size.
- ✓ Assorted sliced fruit, vegetables and herbs
 - Popular favorites are lemon, lime, orange, strawberry, blueberry, blackberries, raspberries, cucumber, mint and basil.

Supplies

- ✓ 3 [1-gallon beverage dispenser](#) with spigot
- ✓ [3 oz disposable plastic cups*](#)
- ✓ Table
- ✓ Ice
- ✓ Ice scoop
- ✓ Signs for each fruit-infused water pitcher
- ✓ Large mixing spoon
- ✓ Tongs
- ✓ 1 small bowl, basket or cup (for voting)
- ✓ Small strips of paper (for voting)
- ✓ Pens/pencils/crayons (for voting)

Setup Instructions

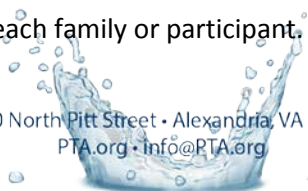
1. Choose the fruit, vegetables and herbs that you will use for your activity.
2. Clean and prepare fruit, vegetables and herbs in advance.
 - Thinly slice or wedge lemons, limes, oranges and strawberries.
 - Thinly slice cucumbers
 - Remove whole mint and basil leaves from the stems.
 - Keep blueberries, blackberries and raspberries whole.
3. Store prepared fruit, vegetables and herbs in individual bags/containers in a refrigerator or cooler with ice until ready to serve.
4. One-2 hours before your event, pre-make different water, ice, fruit, vegetable, and herb combinations in each of the 3 pitchers.

Popular Combinations include:

Cucumber and mint	Lemon and Lime
Strawberry and basil	Orange & blueberry
Lime and mint	Berry mix: strawberries, blueberries, blackberries and raspberries

Event Instructions

1. Invite participants to taste test and enjoy! Have participants use the small strips of paper to vote for which water combination they like best.
2. Provide take-home recipes to each family or participant.





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Helpful Hints:

1. To reduce waste, have participants use reusable water bottles instead of disposable cups. If using cups, encourage recycling in appropriate receptacles.
2. Put water pitchers on tables that are easily accessible to children and people with disabilities.
3. Consider making the winning water combination available in school cafeterias.
4. To ensure food safety, wear gloves when handling food items.

Strawberry Basil

Serving size: 15-20

- 18-24 sliced strawberries
- 3 cups of basil leaves
- 1 gallon of cold water
- Ice

Mix ingredients in a 1-gallon pitcher 1-2 hours before serving.

Blueberry Orange Water

Serving size: 15-20

- 6 oranges cut into slices or wedges
- 3/4 cup of whole blueberries
- 1 gallon of cold water
- Ice

Mix ingredients in a 1-gallon pitcher 1-2 hours before serving.

Tips:

- For more flavor, squeeze the juice of 1-2 oranges into your pitcher.
- To avoid choking, cut blueberries into halves or quarters.

Cucumber Mint

Serving size: 15-20

- 1 cup fresh mint leaves
- 1.5 cucumbers, peeled and thinly sliced
- 1 gallon of cold water
- Ice

Mix ingredients in a 1-gallon pitcher 1-2 hours before serving.

Tips:

- For more flavor, gently mash some of the mint with a wooden spoon.
- Lemon and lime are tasty additions to this recipe.

