

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



the big number

20

Roughly 20% of our average daily water intake comes from solid foods. Eat lots of fruits and veggies to drive that number even higher!

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!™

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HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"EAT YOUR WATER"

EAT BETTER

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

CUCUMBER

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!



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.



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 game-changing health measure you can take. And don't wait until you're thirsty!

PLAY HARDER

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 speed recovery by reducing inflammation.



First things First



BREAKFAST @SCHOOL
For first-class learning!



Featuring Healthy Fruits & Grains!

School Meals
We serve education every day

Over the last four school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

For example, all of the meals we serve for breakfast and lunch must include fruit or vegetable servings.



DON'T GET IT!

Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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