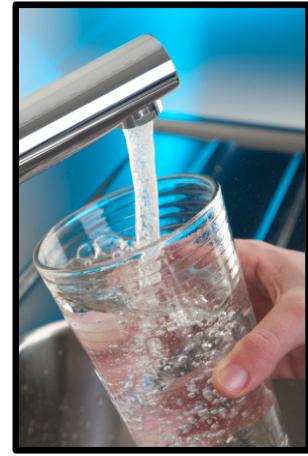


Water!

...it does the body BEST!

It's calorie-free, low-cost and tastes great! The Cambridge Water Department carefully treats water and disinfects it to make sure it's still safe when it reaches your faucet. Stay hydrated and protect our planet. Drink from the tap!



Why not soda, juice or sports drinks?



They all contain sugar! Sugar-sweetened drinks are the top source of added sugar in our diets. Sugary drinks increase the risk of becoming overweight and can cause dental cavities.

...What is "tap water"?

Tap water is drinking water that comes from the public water source. We get our tap water from faucets, sinks, and water fountains.

Our Cambridge water is clean and delicious, and comes directly from Fresh Pond! After purification, the water flows through pipes to every home and business in the city.

Tips for drinking more tap water:

- Purchase a reusable water bottle to refill throughout the day.
- Add a piece of lemon, orange, lime, cucumber or mint leaf to water, to add flavor without adding calories.
- Add a splash of 100% fruit juice to a glass of sodium-free carbonated water for a refreshing, bubbly drink.



For more information about healthy drink choices or school nutrition, contact Dawn Olcott at 617-665-3809 or Dolcott@challiance.org.