

LOOK AFTER YOUR FAMILY'S HEALTH, BUDGET AND THE ENVIRONMENT **DRINK TAP WATER**

- Swap to tap water from sugary drinks and you are reducing the risk of obesity and type 2 diabetes
- Over 50% of plastic water bottles end up in landfill
- Filling up at the tap is free



TAP WATER Our water
It's healthy, it's free
EVERY DAY



MAGIC MIX

- 1 litre chilled tap water
- ½ cucumber, sliced
- 1 handful of mint, torn
- 2 limes, sliced

Here are some simple ways to turn your tap water into something a little more. Infuse for 2 hours or overnight for a more intense flavour.

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CHRISTMAS CHEER

- 1 litre chilled tap water
- 1 apple, sliced
- 2 sticks of rhubarb
- 1 cinnamon stick

