

# The Need for Hydration

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For more information, contact your Coryell County Extension Agent, Vanessa Casad, at (254) 865-2414.

PO Box 149

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## Water Works!

Water is critical to our overall health. It is widely accepted that humans can survive for more than a month without food, but only a few days without water.

Water transports glucose, oxygen, and fat to working muscles. It also transports waste products away from working muscles and out of the body. Water helps us digest our food and lubricates our joints, organs, and tissues.

A little known fact about water is that we get it from more than just fluids, it is a major component of many foods. In fact, meal consumption is very important in ensuring full hydration on a day-to-day basis.

Eating foods with high water content adds volume but minimal

calories to the diet. Foods with high water content promote a feeling of fullness. Fruits and vegetables are two food groups that have generally high water content.

Among the fruits that are high in water content are: watermelon, citrus fruits, grapes, apples, papaya, and strawberries.

Vegetables high in water content are: carrots, bell peppers, lettuce, tomato, cucumber, squash, and broccoli.

During the summer months, it is especially important to be sure to keep hydrated, especially with young children and older adults.

*Source: Iowa State University Extension and Outreach*



## Add Flavor to Your Drinking Water Naturally

You, or someone you know, might avoid water because it "has no taste."

There are ways to flavor your water, without adding sugar. Mixing and matching fruits like watermelon, peaches, oranges, and

strawberries in a pitcher of water can make for a flavorful and colorful drink. Mint leaves and cucumber are also popular additions to a glass of water.

Kids can be allowed to choose fruits and

vegetables to flavor water or a smoothie to increase their hydration.



## Local Events

# Cooking Up Fun CAMP



Limited to 20 Participants  
Camp will be cancelled if less than 10

Open to those  
entering  
4th - 8th Grades

July 14th & 16th, 2015

1:00 PM - 5:00 PM

Cost: \$20.00 per person

Gatesville High School Culinary Arts Department

A waiver form will need to be filled out by a parent prior to camp date. Forms may be found online at <http://coryell.agrilife.org>.

This camp will teach basic cooking, nutrition and safety skills so you can COOK UP FUN @ HOME! We'll also look at ways to improve your nutrition that will help you improve your game!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Grade Completed: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

**Submit registration & payment by June 26th to:**

Cooking Up Fun Camp  
PO Box 149 Gatesville, TX 76528

Checks Payable to: Coryell  
FCS Advisory Board

TEXAS A&M  
AGRILIFE  
EXTENSION



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## Monthly Recipe: Yogurt Parfait

Serves: 6 (1 parfait per serving)

### Ingredients:

- 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 3 cups nonfat plain yogurt
- 1½ cups granola

### Optional Ingredients:

- 2 Tablespoons sliced almonds

### Materials

- 6 cups or bowls
- Cutting board
- Measuring cups
- Measuring spoons
- Sharp knife

### Instructions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

### Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola.
- Try topping with rinsed, chopped fresh mint leaves for extra flavor and color.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit in Fruit Smoothies.
- Use Homemade Granola.



*For more information on SNAP-Ed, contact your local county Extension office. Better Living for Texans is located in over 200 counties across the state.*

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