

Food for Thought

August 2026

Sip into Summer with Flavored Water

Drinking enough water is important, especially in the summer heat, when your body needs extra fluids to keep cool. One way to get more water is by flavoring your water with different combinations of fruits and vegetables. Water flavored this way is called infused water.



Infused water is a healthy alternative to juices or soda. It's all natural, with more vitamins and minerals, and no added sugar.

Tips for Cutting Produce

- **Thin slices:** citrus (lemons, limes, oranges, grapefruits), apples, pears, kiwi, cucumbers and firmer fruits.
- **Chunks:** Melons (watermelon, cantaloupe, honeydew), kiwi, and mango.
- **Halve or Quarter:** Berries (strawberries, blueberries, raspberries, blackberries), grapes. For a stronger berry flavor, gently muddle them.
- **Muddle** (lightly crush with a spoon or muddler): For softer fruits like berries, or fibrous ingredients like ginger, rosemary, thyme, or oregano. Provides a stronger flavor in less time. Be careful not to over-muddle herbs; they can release a bitter flavor or make the water cloudy.
- **Tear:** mint, basil, cilantro, and parsley. Herbs can be left whole for visual appeal, but the flavor won't infuse as well.



Keep it safe!

- Clean hands, surfaces, utensils, and beverage dispensers/containers.
- Wash all fresh fruits, veggies and herbs by scrubbing or rubbing gently under cool running water.
- Do not mix batches. Use up the first batch; clean the container; then make a fresh batch. Use batches within 2 to 3 days.
- Keep water cold after fruits or veggies are added.



Water Recipes

1. Wash hands with soap and water.
2. Rinse all fresh produce, including herbs, under cold running water.
3. Cut produce and tear herbs.
4. Place cut produce and herbs in a large pitcher. Add 1 gallon of water
5. Refrigerate for at least 2 hours to allow the ingredients to infuse.



Blueberry Orange Basil

30 to 45 blueberries 3 oranges
9 basil leaves

Squeeze the blueberries, quarter the oranges, and tear the basil leaves in half before adding them to the water.

Raspberry Lime

40 raspberries 4 small limes

Smash raspberries and remove rind from limes before adding to water. Let sit overnight for maximum flavor.

Watermelon Rosemary

¼ seedless watermelon 2 sprigs rosemary

Scoop watermelon directly into container. Add rosemary and fill the rest of the way with water. Let sit in refrigerator overnight.

Pineapple Orange

¼ pineapple ½ orange

Slice the pineapple. Leave the peel on the orange slices.

Strawberry Kiwi

5 strawberries 2 kiwi

Slice the strawberries and kiwi before adding them to the water to release the flavors.

Blackberry Mint

40 blackberries 40 mint leaves

Tear mint leaves in half and smash blackberries to release flavors before adding water.

Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Eat Smart Idaho Administrator or Coordinator:

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Sources: <https://oralhealthkansas.org/pdf/WaterRecipes.pdf>; <https://eatsmartmovemoreva.org/wp-content/uploads/2020/04/BYO-Infused-Water.pdf>; <https://extension.umaine.edu/food-health/recipes/flavored-water-no-sugar-added/>; https://foodhero.org/sites/foodhero-prod/files/monthly-magazines/web_flavored_water_monthly_1_0.pdf retrieved 7/30/26

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