



Make Flavor-Infused Water: Quick and Easy Steps

NYC tap water is clean, safe and good for you. Infuse your tap water with fruits, vegetables and herbs for healthy and hydrating refreshment.



1. Start with cold tap water.



Choose your flavors:



Fruits: Lemon, lime, orange, strawberry, raspberry, watermelon, pineapple, mango, peach, apple



Vegetables: Cucumber, ginger, jalapeño pepper



Herbs: Mint, basil



Use frozen fruit to keep your water flavored and chilled



Slice or chop your items to get the most flavor



(If you crave fizz, use plain seltzer water)



Don't add sugar



2. Combine your flavors in the pitcher. Shake or let sit for at least 30 minutes.

3. Enjoy!



New Yorkers Share Their Favorite Recipes:



Devin: Squeezed lemon and watermelon



Kiya: Mint and any fruit combination



Spencer: Cucumbers and strawberries

See which of your friends or family can make **the best-tasting infused water.**

How to Save Money:



Buy fruits and vegetables in season



Plant an herb box and use it year-round



Buy frozen fruit