



REV YOUR BEV WEEK for Parents

Rev Your Bev Week is a statewide week of action that celebrates healthy hydration initiatives in early care programs and encourages **Virginians of all ages to choose water.**

- Water keeps kids' bodies and brains happy (helps with focus, digestion, and energy).
- Many young children don't notice thirst until they're already dehydrated, so gentle reminders help.
- When parents make drinking water fun and easy at home, it helps kids build healthy lifelong habits.

Hydration Rainbow

HOW TO EAT YOUR WATER

Eating fruits and veggies that are high in water (90%-100%) is a great way to boost your family's water intake and help everyone feel their best. **See how many colors you can eat each day.**

RED			
	Watermelon	Strawberries	Tomatoes
ORANGE			
	Cantaloupe	Peaches	
GREEN			
	Cucumbers	Lettuce	Broccoli
YELLOW			
	Mango	Bell pepper	
PURPLE			
	Grapes	Onions	Cabbage

Fun ways to meet daily water goals

It's not about being thirsty—it's about feeling good.

- **Switch things up:** Use silly straws, colorful reusable bottles, or fun-shaped ice cubes. You can even add fruit or use bubbly water!
- Try making every mealtime or snack time = **water time.**
- **Water reminders:** Sticky notes and fun magnets can help you remember.
- **Water breaks** can become dance breaks.
- **Eating your water** counts too. Try making a fun recipe together using a fruit or veggie high in water content.

Ex: Celery w/Peanut Butter (ants on a log), Cucumbers w/Chili Seasoning

REV YOUR BEV WITH THIS RECIPE

Make **Orange Lime Water** with your child! Add sliced orange and sliced lime to ice water. Chill for 30 minutes and enjoy.



Try Our Water Memory Game

Need a fun way to help kids see all the ways that water can quench their thirst and keep them hydrated? We've got you covered. Head to revyourbev.com/resources to download our playful water matching memory game. It's easy to print, even easier to play, and it's totally free. Best of all, it sneaks some learning into all the fun for you and your little ones.

REV YOUR BEV **Rev Your Memory**

SETUP:
Grown-ups: Print this page. "Draft" quality is recommended to preserve ink. Cut out the 12 cards, mix them up, and place them all face down. For extra fun, have your kiddos color the cards before placing face down.

RULES:
Kids flip two cards over at a time.
• If they match, discard them, and take a drink of water to celebrate finding the match.
• If they don't match, flip them face down again and retry.

GOAL:
Identify the matching cards until you've discarded all 12, with the fewest possible attempts.

 Tap Water	 Tap Water	 Bubble Water	 Bubble Water
 Ice Water	 Ice Water	 Fruit-Infused Water	 Fruit-Infused Water
 Water Bottle	 Water Bottle	 Pitcher of Water	 Pitcher of Water

