

Hydration station set up guide

We all need to stay hydrated during the day. Why not try setting up a hydration station to encourage everyone to drink more water?

Setting up a hydration station

Equipment

- Jugs or other suitable water containers
- Glasses or recyclable cups

Ingredients

- Fridge chilled water
- Fruit, e.g. strawberries, orange, lemon and lime slices
- Vegetables, e.g. cucumber, celery
- Herbs, e.g. mint, basil

Optional:

- Ice

Get creative with your infusions!

Share your hydration creations on twitter
@NutritionOrgUK #HEW23
or email them to us at
postbox@nutrition.org.uk



**Did you know
that being dehydrated
can make it difficult to
concentrate and may
cause headaches and
tiredness?**

Aim to have around 6 to 8 drinks
(glasses or cup of fluid) a day
– more if the weather
is warm or you are
being active.