WONDERFUL ON TAP



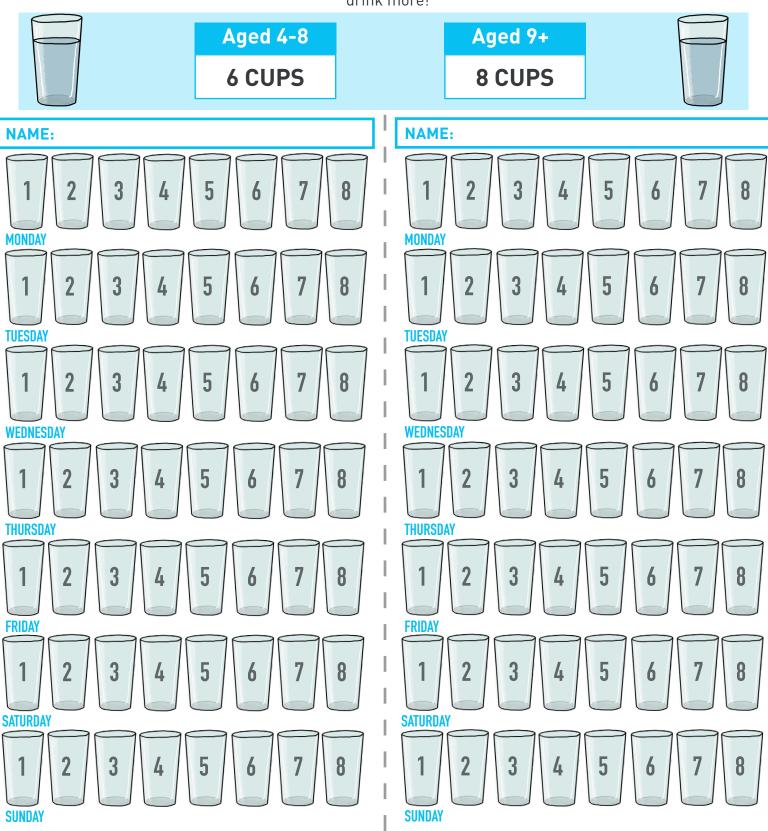
HYDRATION HELPERS

Does everyone in your family drink enough water? Help everyone in your household stay hydrated by using our hydration helper cards!

Give a card to each person in your family to check they are drinking enough water.

As they drink a glass of tap water colour in the cups.

Here's how much you should be drinking, remember this is the minimum amount and you might need to drink more!



WONDERFUL ON TAP



HYDRATION HELPERS

Colour in the cups as you drink!

Minimum recommended amount



Aged 4-8

6 CUPS

Aged 9+

8 CUPS





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