



Did you know that you should try to have about 6-8 drinks each day?

Try these simple ideas to stay hydrated and look after the planet!



Drink more tap water

Top Tips!

Try to choose water at mealtimes

Drink more water in hot weather and when physically active

Infuse tap water with fruit and herbs to add flavour



Keep a drink with you

Top Tips!

Refill your reusable bottle with water

Go for hot drinks in a reusable flask

Chill tap water in the fridge to save running the cold tap



Choose recyclable drinks containers

Top Tips!

Check that drinks containers are recyclable

Follow the recycling instructions and use a recycling bin

Remember dehydration can reduce our performance

Eat well for you and the planet!

Drinking plenty can stop us from becoming dehydrated and using reusable drinks containers can reduce single-use packaging.