



# **Hydration Station set up guide**

We all need to stay hydrated during the day. Why not try setting up a hydration station at your work to encourage you and your colleagues to drink more water? You could try infusing cold or even hot water with different fruit, vegetables and herbs.

## Setting up a cold hydration station

### Equipment

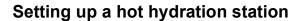
- Jugs or other suitable water containers
- Glasses or recyclable cups

#### Ingredients

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



Ice



#### Equipment

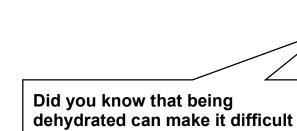
- Hot water dispenser or flasks
- Mugs or recyclable/reusable containers

Ingredient combinations to try!

- Orange and cinnamon
- Strawberry and lime
- Blueberries, lemon and mint

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.



Get creative with your infusions!

Share your hydration creations on twitter @NutritionOrgUK #HEW22 or email them to us at postbox@nutrition.org.uk