

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

Optional:

- Ice



Setting up a hot hydration station

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

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.

Get creative with your infusions!

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