

Back to School Lunchbox: Lesson 3

For Back to School Days, Join the **Water Craze!**

This back to school year, pack “crazy water” for your child. Crazy water is made by adding your child’s favorite fruit or veggie slices to water and letting it set for 2-4 hours. It’s crazy because it tastes so good and it has 0 grams of added sugar!

Crazy Water Ideas

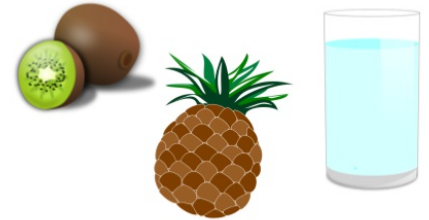
Cucumber Mint



Berry Melon



Kiwi Pineapple



The Sugary Scoop on Juice

[Click here to figure out how many teaspoons of sugar are in your child's favorite beverage!](#)

Did you know that even 100% juice boxes can have 3-6 teaspoons of sugar in them? That's 3-6 sugar cubes that your child is eating with each juice box.



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