



HEY YOU DRINK SOME TAP WATER!

**GENERALLY, TEENS NEED 6-8
CUPS* OF WATER PER DAY AND
TAP WATER IS THE BEST CHOICE!**

**This is dependent on many factors including
age, activity levels and size*

**THIRSTY FOR HEALTHY? CHECK OUT
THE Y-HUNGER COOKBOOK *HERE!***



Scan here to view
the cookbook!



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