



THIRSTY?
**CHOOSE
WATER!**

choosewater.com.au

After school drink ideas

- Water for thirst
- Reduced-fat milk
- Blend fruit with reduced-fat milk (banana, strawberries in season)
- For special days
 - Reduced-fat milk with Milo®
 - Reduced-fat milkshake



Try fruit
smoothies

with reduced-
fat milk

