

Ice Cold Fruit Infused Water Success Story



The public health office in Grande Prairie, North Zone is working on improving their [Healthy Eating Environment](#).

Patricia Nordstrom, Public Health Nurse Team Lead, started providing ice water flavoured with fresh fruit in the staff room to help colleagues stay hydrated while at work.

The Grande Prairie public health office owns a 3 gallon beverage dispenser. To prepare the fruit infused water, Nordstrom redeemed local grocery store coupons for bags of party ice and purchased mixed fruit. Each morning in the staff room, ice cold fruit infused water is there for staff to enjoy. "Flavours include but are not limited to watermelon, strawberry, lemon, apple, cucumber mint, lemon lime, pineapple...it works! I've had comments such as 'I drink more water' and 'I look forward to the surprise of what the flavour of the day will be'. Everyone is enjoying this simple idea." says Nordstrom.

The Healthy Eating Starts Here "Drink water throughout the day" poster is displayed on the wall behind the water dispenser, reminding staff to drink water.

To sustain the water, some staff donated coupons for ice while others have given fruit. There is a donation box on the counter and staff decided some funds from the office's bottle recycling can be used to buy fruit.

Nordstrom is committed to this project. She prepares the water each morning and cleans out the dispenser at the end of each day. Nordstrom suggests that if others want to try this, it is a good idea to have one or two people help out to make sure it is set up each day. Nordstrom reflects, "It's easy and healthy. And although I do find I have invested a small amount of money into this, it is worth it. I enjoy the water too; it's my donation to a worthy cause!"

For more resources, tools and information, visit:

[Healthy Eating Environment in AHS](#)
[Health Canada Food Safety](#)