



EVERY DAY BEGINS WITH A SIP.  
*Sip Smarter.*



### Maintain Hydration This Summer With 100% Juice

We're at a greater risk of dehydration in the summertime due to increased temperatures and sun exposure. However, alongside water, 100% fruit juice can offer a boost to hydration. Beyond just drinking juice, there are other ways to implement the healthy beverage into your routine. For example, add a splash of your favorite juice to your water or make thirst-quenching popsicles out of 100% juice. Sip Smarter has plenty of other ideas in our blog below on how to add juice to your summertime routine and stay hydrated the whole season long.

[Read the Sip Smarter blog](#)



### Celebrate National Fruit & Veggie Month well Beyond the Month of June - All Year Long

June marks the annual start of National Fruits & Vegetables Month across the US. The goal of this month is to increase daily consumption of fresh produce. As part of the fruit group, alongside fresh, frozen, canned, and dried options, 100% juice can help increase total fruit intake. In fact, according to the Dietary Guidelines for Americans (DGA), one cup of fruit juice is equivalent to one cup of fruit, which means 100% fruit juice makes for a great complement to whole fruit. While June is nearly over, Sip Smarter has great recipes and ideas on how to include 100% fruit juice into every meal of the day so that you can celebrate National Fruit & Veggies Month all year long!

[Read the Sip Smarter blog](#)



#### Citrus Berry Cooler

This refreshing mocktail beverage is perfect for the whole family and will keep you cool all summer long. Plus, it only uses 5 ingredients (including 100% orange juice) and can be served in 5 minutes or less.

[Read More](#)



#### Lemonade, Cucumber, & Mint Popsicles

Add these delicious popsicles to your summertime recipe rotation. They combine the refreshing flavors of lemonade, mint, and cucumber to keep the whole family hydrated and happy.

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