

Stay deliciously *hydrated* this summer

Just add fruits or veggies.

Grab seltzer or sparkling water for carbonation

Replenish electrolytes with alkaline water after workouts

Add variety with Nature's Promise flavored water

Skip the sugar and stay hydrated this summer. Simply squeeze a lemon, lime or orange into your favorite water to add flavor. Or infuse flavors by soaking diced melon, cucumber or berries overnight. And enjoy.

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