

How To Make Fruit Infused Water

- ★ Most fruit-infused flavoured water tastes best when fruit is left to infuse for 20-30 minutes.
- ★ Add more sliced fruit if you are adding more water to the jug. When all you have left in the jug is fruit and ice adding only fresh water will not result in the most flavourful taste.
- ★ Keep cold sliced fruit cold by keeping it iced or in the fridge!

Minimizing Your Risk for Food Borne Illness:

You can reduce your risk of food-borne illness by following these safety tips when buying, storing, handling, and preparing fresh fruit for fruit infused water:

Buying Fresh Fruit for Fruit Infused Water:

- Examine the fruit carefully and avoid buying items that are bruised or damaged.
- Cut fruit must be stored at a low temperature (refrigerated) and packaging should be intact.

Storing Fresh Fruit:

- Promptly refrigerate any fresh fruit that needs refrigeration for example pre-cut fruit.
- When you refrigerate fruit, keep it separate from meat, poultry, seafood, and their juices to avoid cross-contamination.
- Keep your refrigerator at the proper temperature (4°C or below). Use a refrigerator thermometer to check.

Handling and Preparing Fresh Fruits for Fruit Infused Water:

- Always start by washing your hands for at least 20 seconds using warm water and soap.
- Make sure your utensils, cutting boards, and counter-tops have also been cleaned.
- When cleaning, avoid using sponges or other materials that are difficult to keep clean and dry, as these can spread bacteria around.
- Refrigerate cut fresh fruit. Throw out any cut fruit that has been left at room temperature for more than two hours.

More information:

Canadian Partnership for Consumer Food Safety Education

<http://befoodsafe.ca/be-food-safe/>

Health Canada's information on safe food handling of vegetables and fruit:

<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/fruits-vegetables-legumes-fruits/index-eng.php>

More information on healthy vegetables and fruit at Eat Right Ontario:

<http://www.eatrightontario.ca/en/default.aspx>

For additional articles on health and safety issues go to the [It's Your Health](#) Web section.

You can also call toll free at 1-866-225-0709 or TTY at 1-800-267-1245*.



Preparation time: 20 minutes

Yield: varies depending on how much water is used.

The recipe below fills a 6 litre water jug with a pouring spout. Recipe can be adjusted for containers or pitchers that hold less water. There is no “right or wrong” amount of fruit for creating fruit-infused water. Note that fruit flavour is best with the first infusion of fruit and the flavour will diminish if you add more cold water to the jug without adding more fruit.

Ingredients:

Best fruits to use in Fruit Infused Water are:

lemons, limes, oranges, strawberries, pineapple, blueberries, and green apple slices. NOTE: bananas, raspberries and melons do not work well for fruit infused water ideas.

Berry Blast Fruit Infused Water:

- 3 oranges
- 2 lemons
- 20 strawberries
- 1 cup blueberries
- 10 cups Ice (or 1 bag)
- 5 litres (20 cups) water

Lemon-Lime Apple Infused Water:

- 3 lemons
- 4 limes
- 3 green apples
- 10 cups ice (or 1 bag)
- 5 litres (20 cups) water

Materials:

- dish soap, water, cutting boards, knives, tongs, water jug or pitcher

Method:

1. Wash hands with warm water and soap, rubbing to make bubbles for 20 seconds.
2. Clean counters before starting to prepare any fruit for infused water.
3. Clean jug, cutting board and knife.
4. Wash fruit:
 - Wash fruit thoroughly under cool, running water.
 - Use a clean produce brush to scrub items that have firm surfaces (e.g., oranges, lemons, and limes).
 - It is not necessary to use produce cleansers to wash fresh fruit and vegetables.
5. Cut up fruit to expose their flesh so that their flavours will infuse into water. Examples – slice oranges, lemons, limes and apples into round slices or wedges, but don't peel them. Cut off tops of strawberries and slice in half. Blueberries can be kept whole.
6. Place cut fruit on a separate clean plate or into a clean container or zip type bag.
7. If fruit is not being used immediately place in refrigerator or on ice if travelling.
8. When ready to make infused water, place fruit in water jug with clean tongs and add water and ice.
9. Keep the ice coming! The fruit must be kept cold at all times.
10. Enjoy!

Adapted from a resource (or publication) produced by the City of Hamilton Public Health Services.
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For more information, contact the Health ACTION Line 1-800-660-5853 or visit www.healthykidslg.ca

