

sodastream
set the bubbles free

HYDRATION – THE KEY TO YOUR KID’S CONCENTRATION

With the days growing shorter and the first hint of fiery colours on the trees, it’s clear that autumn is fast approaching and the kids are starting to settle into their new school year. All parents want their children to excel in the classroom; hydration, a healthy diet and sleep are key to making their school year a success.

Most children fail to make the grade in at least one of these areas, particularly hydration. With **SodaStream Play** you can refresh your kids’ creativity in the kitchen. By making water fun and allowing them to add as much fizz and flavour as they want, Play allows you to regain control over how much your children drink, ensuring they stay adequately hydrated. Increasing and maintaining hydration is important for boosting your child’s brain function and development – ensuring they stay focused and gain top marks at school. Simply remember:

Food + Hydration + Sleep = Happy & Alert!

To introduce an element of fun to your kid’s hydration, SodaStream has teamed with the one and only Man from **Del Monte** to bring you three new fruity flavours – **Tropical, Caribbean and Orange**. With SodaStream’s new Del Monte flavours, the whole family can have fun over the weekend and include seasonal fruit and water in their diet. Creative, fruity and refreshing – these top tips are guaranteed to be a thirst-quenching hit with your kids.



HERE ARE SODASTREAM’S TOP 4 FUN AND EASY TIPS TO HELP YOUR KIDS STAY HYDRATED

1

Smoothie does it

Fruit smoothies make the perfect healthy treat that kids will love and even counts towards their five-a-day

- Fill the carbonating bottle with ice-cold tap water up to the line
- Fizz up the water with SodaStream Play drinksmaker
- Add one cap of your child’s favourite Del Monte flavour, close bottle and lightly shake
- Add the Del Monte mixture and a variety of fruit to a juicer and blend
- Mango, pineapple and passion fruit taste great with Del Monte flavours – why not get creative and discover exciting new flavours by simply adding different fruits to your Del Monte smoothie
- Add the mixture to their favourite cup and serve with a straw

Top Tips: To make the smoothies even more colourful, top them with a small dusting of multi-coloured sprinkles or edible glitter. Great for children’s parties!



2

Cuppa 'Soups'

Use this season's fruit and veg to make some tasty cups



- Take one large whole orange and cut off a small piece from the bottom so that it balances on a flat surface
- Cut off a level small section from the top and set aside to use as a lid later
- Scoop out the inside flesh, taking care not to pierce through the orange
- Fill the carbonating bottle with ice-cold tap water up to the line, fizz with SodaStream Play and add one cap of your child's favourite Del Monte flavour
- Fill the orange cup with the Del Monte mixture
- Garnish with fresh fruit and their favourite straw

Top Tip: Experiment with different fruits. Apples and mini pumpkins make great cups, and large pumpkins can be used to create punch bowls and ice buckets – perfect for when you have friends and family over!



3

Spooky Brews

Your children will marvel as their drink magically changes colour right before their very eyes!



- Fill the carbonating bottle with ice-cold tap water up to the line, fizz with SodaStream Play and add one cap of your child's favourite Del Monte flavour
- Fill a variety of different shaped ice cube trays with the Del Monte fizzy drink
- Add some red and green food colouring into different ice cube slots so that you have a mixture of red, green and yellow cubes, then place in freezer until solid
- Fizz up one litre of tap water with SodaStream Play, pour into a clear cup, then tint the sparkling water with green food colouring
- Add the ice cubes to their cups
- As the ice cubes melt their drink will magically change colours (and taste!)



Top Tip: For extra scary drinks, just in time for Halloween, add tapioca pearls, spider sweets, or even jelly 'straw' worms, to transform their drinks into slimy swamps.

4

Get Slushie

Slushies don't have to be filled with sugar – they can make a very healthy alternative when made with the right ingredients!

- Fill the carbonating bottle with ice-cold tap water up to the line, fizz with SodaStream Play and add one cap of your child's favourite Del Monte flavour
- Place ice cubes, or crushed ice, and the Del Monte flavoured fizzy drink into a blender
- Mix together, stirring in between to make sure that most of the ice is crushed
- Pour the slushie into your kid's favourite cup then add red food colouring to the top for a more fiery autumnal look
- Add straws and serve

Top Tip: Recycle old jam jars and use them as cute fun cups. Wash them out thoroughly and add SodaStream Del Monte slushie. Screw on the jam jar lid and keep refrigerated until they are ready to serve.



New SodaStream Play RRP £69.99. Available in four vibrant colours, including white, black, red and yellow, to suit every kitchen worktop. For a full list of stockists or to purchase online visit www.sodastream.co.uk

SodaStream Del Monte® syrup range retails at £3.99, available exclusively at ASDA stores, The Range or online at www.sodastream.co.uk. Each 500ml bottle of flavoured concentrate makes up to 12 litres of fizzy drinks.

To help ensure your children stay hydrated, we're offering 20% off the SodaStream Play and Del Monte range. Simply visit www.SodaStream.co.uk, and use voucher code D3LMONT3 at the checkout. For more recipe ideas, visit recipes.sodastream.co.uk



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