

WATER MATTERS TO US




Broward Family and Consumer Sciences

<https://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/information-for-families-and-consumers/>



WATER MATTERS TO US

DEFEAT THE HEAT!
Tips to defeat the heat



Hurricane preparedness:
meal and menu planning.
Have bottled water on hand



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Tips to drink more water. Water hydrates tissues and cells in the body



Resources to mitigating flooding

