



Mendocino Mommy Mojito

Ingredients:

- 1 whole cucumber, sliced
- 1 cup of mint leaves
- 2 quarts of unsweetened flavored sparkling water

Directions: Slice cucumber, wash and massage mint leaves then place into pitcher. Pour sparkling water into pitcher and mix contents. Garnish with cucumber or lime.

From: The Partnership for Healthy Babies



For more information
call: 707-472-2757

*A message brought
to you by the
Partnership for
Healthy Babies*

When You're Pregnant, Your Baby Drinks What You Drink.

Have a
healthy baby.
Be an
alcohol-free
mother-to-be.

**Even beer and wine can hurt
your unborn child.**

When you drink a glass of beer, wine, or a wine cooler, it goes into your bloodstream and passes to your baby. And your baby gets just as much alcohol as when you have a mixed drink with hard liquor.

The best time to stop drinking is when you decide to get pregnant. If you're already pregnant and stop now, you can still help your baby.

It's the same risk for every pregnant woman. Every drink is one too many.

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