**Dump the Sugar** the next time you’re ready to clean your house from top to bottom, tackle the pantries and fridges too to dump the sugar! Say goodbye to sugary drinks and hello to better beverages like homemade and naturally flavored fruit and herbal water [options](http://www.theyummylife.com/Flavored_Water#EmbedRecipe_251)! If you’re looking for better beverages while you’re out and about, be sure to check out our [Better Beverage Finder](http://www.betterbeveragefinder.org/) tool so you and your family can stay refreshed and hydrated while you’re on the go.