



All forms count – **fresh, frozen, canned, dried** and **100% juice**.

### **Eat a colorful variety of fruits & veggies everyday!**

- Apples come in all shades of red, green and yellow.
- Juicy red watermelons are a tasty summer treat.
- Bananas are the fruit with appeal!
- Sweet potatoes are a great source of vitamin A and C.

#### **Save Time!**

1. Pick fruits or veggies that require little preparation such as bananas, orange wedges or cucumber and celery sticks.
2. Prepare extra vegetables and freeze leftovers for quick sides.
3. Plan meals ahead and create a shopping list.



#### **Save Money!**



- Take advantage of local farmer's markets.
- Keep it simple, choose recipes that use in-season, canned, frozen, or dried fruits and veggies.
- Buy in bulk and prepare larger meals and freeze them.
- Prevent your produce from spoiling by storing in smaller bags or containers.



## How to Help Raise a Fruit & Veggie Eater!

- ☺ Make snacks kid friendly. Chop colorful veggies and keep in the refrigerator for a quick after school snack.
- ☺ Try a refreshing smoothie using frozen berries or other colorful fruit for breakfast.
- ☺ Add sliced fruit to your cereal at breakfast.



- ☺ Let kids help you prepare meals by using scoopers and combining fruits of different flavors and colors.
- ☺ Add interest and excitement to the end of the meal by introducing more exotic fruits such as mangoes, papayas or kiwis for dessert.
- ☺ Add chopped vegetables such as broccoli and red peppers to homemade or store bought pizza.