



Add More Fruits & Veggies!

Make it fun!

- **Make healthy food more appealing!** Dress up meal and snack plates with fun faces, shapes, and other images using cut fruits and veggies. You could even cut fruits and veggies into shapes such as stars, flowers or hearts!
- **Set up a challenge!** Set a goal for eating more fruits and veggies. Track how many you each eat using our Fruits and Veggies Goal Tracker or make your own way to track everyone's progress!
- **Create a chance to learn.** Create a family color night where each week, one dinner is devoted to foods of a chosen color. **Ex:** The color night is *orange*. You could serve foods such as carrots, oranges, butternut squash, or orange bell peppers.

Tips to Add more Fruits!

- ◆ **Keep fruit in easy-to-grab places.** Have a bowl of fresh fruit on the table or counter that is easy to access. You could also store small bags of cut up fruit in the refrigerator!
- ◆ **Use fruit as a topping.** Try putting cut up fruit on cereal, oatmeal, pancakes or waffles, or yogurt.
- ◆ **Add frozen fruit to smoothies** and milkshakes.
- ◆ **Freeze fruit in small bags** for a quick snack (try grapes or cut pineapple).
- ◆ **Add fruit to lunch or dinner sides.** Try crushed pineapple in coleslaw, or add orange sections, dried cranberries, apples, or grapes to a salad.
- ◆ **Keep small packages or bags of dried fruits.** There are so many dried fruit options (raisins, cranberries, mango, pineapple, banana and many more). Choose "unsweetened" dried fruits. Fruit naturally has plenty of sugar in it so there's no need to have more added!

Tips to Add more Veggies!

- ◆ **Bake some veggie fries!** Try making some "fries" with sliced zucchini, summer squash, sweet potato, or even carrots. You could toss them in bread crumbs before you bake or just in a little bit of olive oil. *Check out the recipe below.*
- ◆ **Keep some grab-bags in the refrigerator.** Cut up some of your favorite veggies (carrots, bell peppers, cucumbers, celery, etc.) and store them in small bags in the refrigerator for easy access and as a quick snack!
- ◆ **Add more veggies into casseroles.** Add shredded zucchini, summer squash, or carrots to the inside of your favorite casserole or lasagna recipe.
- ◆ **Dip 'Em!** Get some healthy dips to dip your sliced veggies into. Try dipping into hummus or low-fat yogurt-based dips!
- ◆ **Stock up!** Keep plenty of canned and frozen veggies in the home so it is easy to add them to any meal!



Baked Carrot or Sweet Potato Fries

1. Peel carrots into thick slices or cut into strips of desired thickness.
2. Toss the slices in olive oil and seasoning (*optional*).
3. Bake at 450°F for 10-12 minutes, or until they are as crispy as you like.
4. Let cool, eat and enjoy!

