

## Tips for Increasing Vegetables and Fruits in Your Child's Diet

Make a goal to offer at least 3 servings of vegetables and 2 servings of fruit each day.

- Fill half the plate with vegetables.
- Have fresh vegetables and fruits rinsed, prepped, and ready for easy-to-grab snacks.
- Add vegetables and fruits to the foods your child enjoys. For example, add tomato and onion to cheese quesadillas.
- Roasting vegetables and fruits enhance their flavor. Try roasting bell peppers, carrots, cauliflower, brussel sprouts, peaches, or mango for starters.
- Offer vegetables and fruits in a variety of ways – raw, in sauces, as toppings, baked into sweet or savory muffins, in soups, in casseroles, etc.
- Chop vegetables into bite-size pieces for snack dippers. Fresh red bell pepper, broccoli, carrots, celery, and cucumbers all taste great raw and pair well with healthy dips like hummus or ranch dip made with Greek yogurt.
- Freeze chopped fruit and seedless grapes.
- Put together a healthy trail mix featuring dried fruit (such as apples, apricots, cranberries, or raisins) and mixed nuts. Add dry cereal, like whole-grain toasted O's, to make the snack mix extra tasty and healthy!
- Use fresh or dried fruit as a topping on salad greens.
- When life gets busy, pull out frozen vegetables to add as side dishes, use as toppings, or include in a vegetable stir-fry with brown rice.
- Allow (a little) play during mealtime. Creating with foods may inspire children to eat them.

### Snack Attack

Here are some snacks for you to try out when you plan your next grocery trip:

Cucumbers and hummus  
Turkey-wrapped apple slices  
Whole wheat tortilla and black beans  
Edamame and strawberries  
Avocado on baked tempeh crackers

## Glad Monster, Sad Monster

By Ed Emberley and Anne Miranda

Recall the different emotions of the monster in the book.

Set out a few paper plates and a marker or crayon.

Read the story and when an emotion is mentioned draw that face on a plate.



### SCARY EYES

See my scary eyes,

Look out now,

A big surprise –

**BOO!**