

I Love My Veggies!

Benefits of Vegetables:

1. GO food.
2. Packed with vitamins and minerals.
3. Low in fat and calories.
4. Good source of fiber.
5. Huge variety to choose from.
6. Different colors provide different nutrients.



Farmers Market or Green Cart Shopping List

Try adding a new vegetable from your local market to your next family meal.

Family Goal

Goal: Add one more serving of vegetables a day!

Monday we added: _____

Tuesday we added: _____

Wednesday we added: _____

Thursday we added: _____

Friday we added: _____

Saturday we added: _____

Sunday we added: _____

BONUS: Can you introduce two *new* vegetables this week?

1st new vegetable:

2nd new vegetable:

Fact of the Week Eating a rainbow of vegetables provides more nutrients!

Surprising Fact

The fiber in vegetables helps keep children full longer.

Health Tip

For a crunchy snack, offer baby carrots or celery sticks!

Strategy

Add some crunch to your sandwich by including lettuce, tomato, cucumber, or carrots.



At-Home Tools

Vegetable Books

Lunch

by Denise Fleming

Growing Vegetable Soup

by Lois Ehlert

I Will Never Not Ever Eat a Tomato

by Lauren Child

New Vegetable Words to Use

1. Hard
2. Soft
3. Seeds
4. Crunchy



Did you know...

Fruits and vegetables contain essential vitamins, minerals, and fiber that can help protect you from chronic diseases.

Fun Activities

Homemade Pizza

Use whole wheat English muffins. Add tomato sauce, low-fat cheese, and fresh vegetables to create a delicious vegetable pizza
Fun Tip: Add the vegetables in the shape of a face!

Create a Rainbow Salad!

Include red, orange, yellow, green, blue, and purple vegetables. Cut them up into cubes, mix them together, and enjoy!



Vegetable Recipes

Lunch

Place steamed broccoli on a plate. Sprinkle low-fat cheddar cheese on top. Microwave in 30 second intervals until cheese is melted to perfection

Snack

- 1 can garbanzo beans or chickpeas
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh squeezed lemon

Blend all ingredients together until smooth and creamy. You can serve immediately with fresh cut vegetables like carrots, celery, broccoli, and green peppers.

Dinner

Add small pieces of cooked carrot and corn to pasta dishes.