

Fruits and Veggies Healthy Snacks for Hungry Kids



Fruit and Veggie Know-How



When you eat fruits and veggies, your kids will too. They learn from watching you.

- **Eat together.** Let your child see you enjoying fruits and vegetables at meals and snacks.
- **Take it with you.** Show your child how whole fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges, or bananas in your bag for quick snacks.
- **Fix them together.** Teach your child to tear lettuce or add veggie toppings to a pizza.

Fruits and Veggies in the Kitchen

Fresh, frozen, and canned fruits and vegetables are all smart choices. Buy some of each to last until your next shopping trip.

✓ Did you know frozen vegetables have as many vitamins and minerals as fresh? Choose packages that contain only vegetables with no added fat, salt, or sugars.

✓ Buy canned fruits that are packed in “100% juice” or water.





Fruits and Veggies Fun

Play the “Rainbow Game” with your child at your grocery store.

- Can they find a fruit or vegetable for every color in the rainbow? This will help them explore fruits and veggies while also having fun!

Remember: Different colors contain different nutrients. A mix of colors gives them the different vitamins and minerals they need to stay healthy.

Fruit and Veggie Snack Time

Want your children to choose a healthy snack? Make sure fruits and veggies are within reach!

Kids love to dip!

- ◆ Dip fresh veggies in low-fat ranch dressing, peanut butter, or humus.
- ◆ Store cut-up fruits and veggies near the dip on a low shelf in the refrigerator.

Create fun names. Examples might be

- ◆ **Samurai carrots** (say “Hi-Yah!” and then bite down hard for a loud and fun “crack”);
- ◆ **dinosaur trees** (broccoli heads);
- ◆ **celery swords or celery boats** (fill up the boat with raisin “passengers”);
- ◆ **monkey bananas**; or
- ◆ **orange smiles** (each segment looks like a mouth; let them pull the segments apart for added fun).

Make up your own by asking your children what they think a fruit or vegetable looks like. See what *crazy* names they can create!



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