

I Love My Veggies

Benefits of Vegetables:

1. GO food
2. Packed with vitamins and minerals
3. Low-fat and low-calorie
4. Excellent source of fiber
5. Huge variety from which to choose
6. Different colors provide different nutrients



Green Cart Shopping List

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

Family 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 your child to 2 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 fuller longer.

Health Tip

For a crunchy snack, cut up carrots and celery!

Strategy

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

At Home Tools

Vegetable Books

I Eat Vegetables

by Hannah Tofts

Growing Vegetable Soup

by Lois Ehlert

I Will Never Not Ever Eat a Tomato

by Lauren Child

Did you know...

Fruits and vegetables contain essential vitamins, minerals and fiber that may 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 face.

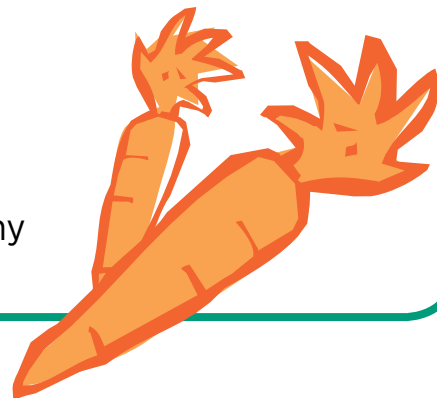
Create a Rainbow Salad!

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



Vegetable Words

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



Vegetable Recipes

Lunch

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

Snack

1 can garbanzo beans or chickpeas

1/4 cup 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 carrot and corn to pasta dishes.

