



NEWS PARENTS CAN USE

Session 3

Fun with Fruits & Vegetables

Crunchy Burritos

What's New with Fruits & Vegetables?



Why do children need to eat fruits and vegetables? These foods have many vitamins and minerals your children need to grow. Nutrients include vitamins A, C, that help eyes and skin, and folic acid, the mineral potassium and dietary fiber.

Focus on Fruits

MyPlate says "Focus on Fruits" to be sure your child gets about 1-1/5 cups per day. Fresh, frozen or canned—all fruit counts.

But go easy on juice—it's concentrated. No more than one cup of juice per day.

Vary Your Veggies

MyPlate wants you to "Vary Your Veggies" so that you and your family get many different vitamins, minerals and phytochemicals. Phytochemicals are natural disease-fighters that are in vegetables. Be sure to eat dark green and orange colored vegetables several times a week.



Easy Ways to Help Kids Eat More Fruits and Vegetables

- ◆ Help your children...
 - ◆ eat fruit with breakfast
 - ◆ have a vegetable with lunch
 - ◆ eat a fruit for afternoon snack
 - ◆ eat a salad *and* a cooked vegetable with dinner
- ◆ Let your child pick out colorful fresh fruits and veggies at the store. Let kids help fix them for school lunches the night before.
- ◆ Serve fruits and vegetables in fun ways at children's parties.
- ◆ Have your kids help fix vegetables and salads for dinner.
- ◆ Start a garden or visit farms and farmer's markets. Children who understand how fruits and vegetables grow tend to eat more of them.
- ◆ Keep washed and cut fruits and vegetables on a low shelf in your refrigerator. Make it easy and irresistible for kids to grab a snack of fruits and veggies!



Crunchy Burritos

Makes 4 servings.



- ½ cup shredded carrots
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 oz. reduced-fat grated cheddar cheese
- ¼ cup light ranch salad dressing
- ½ teaspoon chili powder
- 4 7-inch 98% fat free, whole wheat tortillas
- 1 cup torn lettuce

Directions:

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
2. Lay tortillas flat on the counter and spoon ½ cup of the vegetable mixture and a ¼ cup of lettuce down the center. Roll each tortilla up tightly and enjoy!



Parent's Corner

Set a good example for your children—whatever they see you eat, they will eat. Make a habit of eating vegetables at every meal and your kids will too. Try it—it works!

G. Alleman, MS, RD 2006, updated 2014



Give 'Em a Shower! Wash all fruits and vegetables before eating. Even ones with peels—the germs on the peeling can get on your hands or knife and then inside the fruit or vegetable. No soap needed—just scrub under running water.

Inside Scoop: Ask your child about the vitamins in fruits and vegetables. He or she will be able to tell you that Vitamin A is good for your eyes; Vitamin C makes healthy skin and heal wounds; and potassium is good for your heart



Just Do It! Keep a box or bin in your car full of action toys, such as a ball, Frisbee, and jump rope. Make a point of stopping at a park to be active and play while out doing errands. Physical activity improves mood and makes a happier family—and a healthy heart!

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157 ext 6264, jlevenson@wsu.edu at least two weeks prior to the event.