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.

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!

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.
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!

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.

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!

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!

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jlevenson@wsu.edu at least two weeks prior to the event.