Keep it Colorful: Try fruits & vegetables of different colors. See if you can eat all colors of the rainbow from fruits & veggies in a week!

Mix 'Em Up: Canned or frozen are great options if fresh is unavailable. Frozen fruit is great to use in smoothies!

Roast Away: Roasting vegetables in your oven will make them sweeter! Sprinkle with a little oil, salt & pepper and bake. Kale and broccoli work well!

Dip-Dip Hooray! Cut into bite-size pieces to dip into low-fat dressings or yogurt. Carrots & cucumbers with hummus are great for this!

Add Ons: Power up baked goods & meals you already love with extra fruits or veggies. Adding peas to pasta or bananas to pancakes make for an easy combo!

Why Eat 'Em?

- Helps your child grow & develop
- Supports healthy eating habits for life!

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