Quick Veggies
Make Every Bite Count…More Fruits & Veggies

♥ Keep canned corn, carrots, green beans, peas and spinach in your cupboard. You can open a can of veggies for dinner.

♥ Try a variety of canned vegetables such as carrots and peas, corn with peppers, creamed corn and mixed vegetables.

♥ Serve raw vegetables in season. Eat a couple slices of fresh tomato with salt and pepper. Enjoy sliced cucumbers or pea pods in the summer.


♥ Keep bags of frozen vegetables in your freezer. Pour out the amount needed for dinner and put the rest back in the freezer. There will be little or no waste!

♥ Frozen vegetables such as peas, carrots, corn, broccoli and spinach can be added to soups, casseroles and other dishes.

♥ Try a variety of frozen mixed vegetables. They taste great! Try something new!

Serve vegetables at every lunch and dinner for your family.

Tired of opening cans of corn or green beans for your family? Frozen vegetables can add variety to your meals.

Try a new blend of vegetables for dinner:
- Broccoli, cauliflower and carrots
- Broccoli, green beans, onions and red peppers
- Cauliflower, broccoli and red peppers
- Brussel sprouts, cauliflower and carrots
- Carrots, peas, corn, green beans and lima beans
- Zucchini, cauliflower, green beans, lima beans and carrots

Heat 1 tablespoon olive oil in a large skillet.

Stir fry your favorite veggie blend for a few minutes and season with:
- Dash of soy sauce and garlic powder.
- Shredded cheddar or parmesan cheese
- Low fat Italian or Ranch salad dressing.
Play Inside!

Move More...Watch Less

* Invite other children to your home. Children are more active when playing with other children.

* Create a safe play area in your home. Clear out an area where your child can ride small bikes, push toys, pull wagons and dance. This could be a room, part of a room, garage or basement.

* Build “tents” in the living room on a cold or rainy day. Let children drape blankets on chairs and other furniture.

* Play with cardboard boxes. Cardboard boxes can be used to make mini houses and tunnels. Your local store probably has lots of extra boxes for playing. Be sure to remove any metal parts such as staples that could hurt your child.

Enjoy the benefits of active children!

Children who are active are better behaved, learn easier and sleep better at night!

Drink milk at meals

Make Every Sip Count...
More Healthy Beverages

Drinking milk at mealtimes is an easy way to get enough calcium.

1. Do not offer juice or other sweet drinks at mealtimes. Some children will refuse to drink milk if they can drink sweet drinks.

2. Offer water to drink at mealtimes if your child refuses to drink milk.

3. Drink milk with your child.

Eat a Variety of Veggies!

- Bake a sweet potato. Serve with a small amount of margarine, dash of brown sugar and cinnamon. Or top with crushed pineapple.

- Make a broccoli salad. Combine chopped broccoli, sunflower seeds and low fat Ranch salad dressing.

- Serve chopped tomatoes with low fat cottage cheese.


This institution is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (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 your local Fit Families project.