More Veggies to Love!
Make Every Bite Count…More Fruits & Veggies

😊 **Cook dishes with plenty of vegetables.**
Enjoy stir fries, tacos, soups and stews.

😊 **Add vegetables to scrambled eggs.**
Stir in cooked, finely chopped broccoli, carrots, red peppers or green peppers.

😊 **Make a Pasta Salad with vegetables.**
Toss together chopped broccoli, cauliflower, tomatoes and cooked pasta with Italian salad dressing.

😊 **Shredded carrots can be added to many of your favorite foods.** Add shredded carrots to meatloaf, spaghetti sauce, pizza sauce, salads, soups and tacos.

😊 **Add small pieces of cooked broccoli to canned soups, boxed rice dishes, meatloaf or lasagna.**

😊 **Bake with vegetables.** Mashed sweet potatoes, pumpkin and shredded carrots can be added to muffins or quick breads.

😊 **Chopped spinach can be added to meatloaf, meatballs, lasagna and soups.**

😊 **Add fresh spinach leaves to your favorite salad for more nutrition.** Try baby spinach leaves in your salad.

Plant a Garden!
Plant a garden with your child this spring!

Maybe you are lucky enough to have your own garden space.
If not,

♥ **Plant a garden at a friend or relative’s home** if they have a garden space.

♥ **Look for a community garden.**
They often will rent garden space at a low cost. Call your Cooperative Extension Office for information.

♥ **Plant in large pots!**

Plant and grow vegetables with your child. Your child will be more willing to try to eat the vegetables that he helps to grow.

Children can help!

♥ **Dig with a small plastic hoe or shovel.**

♥ **Place seeds into a hole.**

♥ **Cover seeds with dirt.**

♥ **Give water to seeds and plants.**
Warm Weather Fun
Move More...Watch Less

♥ Play outside! Children who go outside to play are more active. There is more room to run and play!

♥ Find a sand pile to play in. Go to your local beach or park.

♥ Make your own beach – Fill a small plastic swimming pool with sand. Use plastic cups, pails and spoons to play with.

♥ Invite other children to your home. Children love to play together!

Play safe!
Always stay with your child when outside.
Be sure your child has a safe area to play.

Limit sweet drinks such as soda and fruit drinks.
Drink water instead.
Encourage your child to enjoy the fresh taste of water.

Sweet Drinks
Make Every Sip Count...
More Healthy Beverages

Today’s children drink a lot of sugary drinks such as soda, fruit drinks and other sweet drinks. This can be a problem!

Sweets can ruin an appetite fast! Some children will prefer sweet foods and refuse to eat healthy foods.

Children who drink lots of sweet drinks are probably not drinking enough milk.

Their diets can be low in calcium. Serve skim or 1% milk at meals for children over the age of 2 years.

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.