



Veggies for Kids

October

Make Every Bite Count...More Fruits & Veggies

1 Continue to offer Vegetables at Meals and Snacks.

If your child refuses to eat vegetables, don't worry!
Your child may be afraid to eat
or even try vegetables now.
His likes and dislikes will change with time.

2 Encourage Vegetables!

Take your child to the grocery store
or farmers' market.
Talk about the different vegetables.
Let your child choose a vegetable to try at home.

3 Cook with your Child.

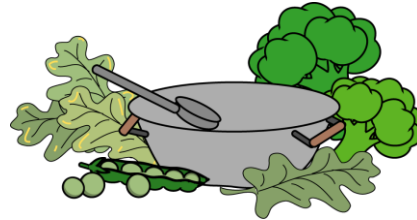
Let your child help in the kitchen.
Your child can help by washing vegetables,
stirring salads or putting vegetables together
in a bowl.

4 Snack on Vegetables!

If your child refuses vegetables at a meal,
offer vegetables for a snack.
Keep vegetables in sight.
Store cut up carrots, broccoli, cauliflower
and other raw vegetables in a clear container
in your refrigerator.

5 Vegetables are fun to dip!

Try raw broccoli, carrots, cherry tomatoes,
pepper strips, cauliflower, pea pods
and cucumber slices.
Dip raw vegetables in salsa,
low fat ranch dressing or dill dip.
Your child may prefer raw vegetables
instead of cooked vegetables.



6 Eat your Veggies!

Let your child see you and others eating and
enjoying vegetables. Your child learns best by
watching what you eat.

7 Serve Vegetables First!

If your child is hungry while you are
cooking dinner, offer vegetables to eat.
Your child will be happy
while you finish cooking,
and he will be eating his vegetables.

8 Hide the Vegetables!

Add shredded carrots, finely chopped
broccoli or spinach to your favorite foods:

- Pizza
- Spaghetti Sauce
- Lasagna
- Canned Soups
- Boxed Rice and Noodle Dishes
- Meatlof, Meatballs
- Scrambled Eggs



Hide and Seek

Move More...Watch Less

- ♥ Choose a child to be 'it'. (the child who will seek and find the other children)
- ♥ The child who is 'it' turns around and counts with his eyes closed at the base while the rest of the children hide.
- ♥ After counting, the child who is 'it' says, *"ready or not, here I come."* And rushes to find everyone.
- ♥ The children who are hiding try to get to the base without getting tagged by 'it'.
- ♥ The child who is tagged first is 'it' for the next game.



Make Every Sip Count...
More Healthy Beverages

Skim milk has no fat

Switching to skim or 1% milk is an easy way to reduce fat in our diets.

Make the Switch!

Switch to skim or 1% milk for your family.

Your children will grow up learning to enjoy skim or 1% milk.

It will be the milk that they prefer in school and for the rest of their lives.



Chicken Fried Rice

2 tablespoons vegetable oil
2 cups raw chopped chicken
½ cup shredded carrots
½ cup finely chopped broccoli
2 tablespoons finely chopped onion
2 cups uncooked instant rice
2 cups water
2 eggs
2 tablespoons milk
salt and pepper to taste
1 tablespoon soy sauce

- 1** Heat oil in a large skillet. Add chopped chicken to hot oil. Cook and stir chicken until the meat is no longer pink, about 3 minutes.
- 2** Add carrots, broccoli and onion to chicken. Cook and stir vegetables with chicken over medium heat for 3 minutes.
- 3** Add rice and water to the vegetables. Reduce heat, cover and simmer for 5 minutes.
- 4** Beat eggs and milk together in a small bowl. Pour milk and eggs over the rice mixture in the skillet.
- 5** Cook over medium heat, stirring gently until the eggs are firm. Season with soy sauce, salt and pepper.

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