Benefits of Vegetables:

1. GO food.
2. Packed with vitamins and minerals.
3. Low in fat and calories.
4. Good source of fiber.
5. Huge variety to choose from.
6. Different colors provide different nutrients.

Family Goal

Goal: Add one more serving of vegetables a day!

Monday we added: ________________________________
Tuesday we added: ________________________________
Wednesday we added: ________________________________
Thursday we added: ________________________________
Friday we added: ________________________________
Saturday we added: ________________________________
Sunday we added: ________________________________

Family Health Handout

Fact of the Week

Eating a rainbow of vegetables provides more nutrients!

Surprising Fact
The fiber in vegetables helps keep children full longer.

Health Tip
For a crunchy snack, offer baby carrots or celery sticks!

Strategy
Add some crunch to your sandwich by including lettuce, tomato, cucumber, or carrots.

Farmers Market or Green Cart Shopping List
Try adding a new vegetable from your local market to your next family meal.
Did you know…
Fruits and vegetables contain essential vitamins, minerals, and fiber that can help protect you from chronic diseases.

Vegetable Recipes

**Lunch**
Place steamed broccoli on a plate. Sprinkle low-fat cheddar cheese on top. Microwave in 30 second intervals until cheese is melted to perfection.

**Snack**
1 can garbanzo beans or chickpeas
2 tablespoons extra virgin olive oil
1 tablespoon fresh squeezed lemon
Blend all ingredients together until smooth and creamy. You can serve immediately with fresh cut vegetables like carrots, celery, broccoli, and green peppers.

**Dinner**
Add small pieces of cooked carrot and corn to pasta dishes.

New Vegetable Words to Use
1. Hard
2. Soft
3. Seeds
4. Crunchy

Fun Activities

**Homemade Pizza**
Use whole wheat English muffins. Add tomato sauce, low-fat cheese, and fresh vegetables to create a delicious vegetable pizza.
Fun Tip: Add the vegetables in the shape of a face!

**Create a Rainbow Salad!**
Include red, orange, yellow, green, blue, and purple vegetables. Cut them up into cubes, mix them together, and enjoy!