

Fruits & Veggies—More Matters®

Get Smart



Back to School

Kids need *Smarts!* too. And what better way to boost that brain power than to fuel those bodies with healthy fruits and veggies. Here are a few tips to make your kids the envy of the lunchroom!



Covert yogurt: In your child's lunch, pack a container of plain yogurt and fruit chunks. Encourage him or her to play detective and identify which fruits you included. Give a small prize for the right answer!



Thermos fusions: Help your child experiment weekly with new 100% fruit and vegetable beverages in their thermos for school.



Color your crunch for lunch: Have your child choose from a rainbow of colors to



brighten up his or her lunch. Carrots or celery with light ranch dressing or apples with peanut butter are a fun way to crunch.



Get sporty: Pre-portion energy snacks for your kids as they head to sporting events, such as their favorite dried fruits and nuts.



Let them play with their food: For a little lunch bag fun, slice apples into boats (cut apples into eighths), try red pepper butterflies (slice red peppers crosswise), or cucumber hearts (slice with a paring knife)!



Crock pot creations: Add carrots, potatoes, onions, celery and all your favorite veggies together in the crock pot for a hearty stew that cooks while you help with homework.

Download this pamphlet and other nutrition and physical activity materials at www.maclightinghouse.com.



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