

Fruits & Veggies—More Matters®

Get Smart



As You Shop

Get Smart! As you cruise the grocery aisles, remember all forms count. Pick up fruits and veggies throughout the store; it's okay to grab canned and frozen. Try dried as well! And of course, 100% juice. It's easier to use more fruits and vegetables when you have them on hand, so make the most of all those aisles.



Top chef: Not you—your kids! Have them select the fruits and vegetables to be featured in meals for the week.



Don't spoil your week when it's just beginning: Prevent early spoilage by using perishable produce at the beginning of the week and frozen or canned selections at the end.





Scavenger hunt: To get the kids involved, let them pick different colors for the meal each week. Find those colors in a variety of fruits and vegetables for new creations.



Make it an adventure: Focus on variety—choose a different fruit and vegetable each week from the produce section or freezer case. Select canned and dried choices to mix it up!



The ABC's of produce: For those kids still learning to read, serve letters of the alphabet. Serve apples, avocados and apricots on letter "A" day and bananas, broccoli, and butternut squash on "B" days!

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



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