

PARENT PAGES

Vary Your Veggies



Tips to Vary Your Veggies

1. Let your child be a “produce picker.” Help them pick veggies at the store.
2. Cook together. Teach your child to wash fresh veggies, tear lettuce leaves and snap green beans.
3. Offer colorful veggies at meals and snacks.
4. Cut fresh vegetables into small sticks, and ask your child to pick some sticks to eat.
5. Help your child fill out the *I Varied My Veggies* chart.
6. Buy vegetables that are in season. Check store specials for the best in-season buys.

Today at child care your child learned why it is important to eat colorful vegetables each day. Vegetables provide vitamins and fiber, and they are low in fat and salt. Choose fresh, frozen or canned vegetables to get the best deal for your money. They take their lead from you. Eat veggies and your children will too. Try to make half your plate vegetables and fruit.

Quick and Tasty Veggie Soup

Yield: 8 cups

Serves: 8 adults

Ingredients

7 cups low-sodium chicken broth
1 14-ounce can diced tomatoes
1 teaspoon dried basil
1/2 teaspoon onion powder
3/4 cup dry macaroni
3 cups frozen mixed vegetables
1/2 teaspoon salt
1/8 teaspoon pepper.



Steps

1. **Combine chicken broth, diced tomatoes, basil, onion powder, salt and pepper in a large pan.**
2. Bring to a simmer, and add macaroni and frozen vegetables.
3. Cook for 8 minutes, and then remove from heat.
4. Let soup sit for 5 minutes, and then serve.
5. **Enjoy.**

Have your child help you do the bold steps.

This adapted recipe appears courtesy of Produce for Better Health Foundation and can be found at www.fruitsandveggiesmorematters.org.



I Varied My Veggies!

1-2-3! Veggies Are Good For Me!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							

Directions: Each time a vegetable is eaten, help your child color a box the color of the vegetable eaten. Remind your child that it is good to eat different colored vegetables each day.