



## Supporting Content

### Mothers of Elementary School-Age Children

The following content supports messages on availability and accessibility of fruits and vegetables and offers mothers additional tips, strategies, and encouragement to facilitate behavior change. This content reflects language that resonated with mothers during our focus group testing. See the section of the guide on “Putting the Messages Into Practice” (page 16) for ideas on how to incorporate the messages and supporting content into your nutrition education activities.

#### Making Fruits and Vegetables Available and Accessible

**Message 1:** Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

**Message 2:** When they come home hungry, have fruits and veggies ready to eat.

#### Narrative-Style Content:

“I’m hungry.” That’s the first thing my kids say when they come through the door. I need something to feed them—fast. Sometimes they go to the kitchen and get their own snacks. I found that when I put fruits and vegetables in a place where my kids can see them--they eat them. Now I keep cut-up veggies on a low shelf in the fridge and a bowl of fresh fruit on the counter. When I don’t have fresh fruits and veggies, I use canned or frozen. It takes a little planning, but it’s worth it. I know fruits and vegetables help them stay healthy.

#### Bulleted Tip Style Content:

##### Make Fruits and Veggies Easy To See

- Keep a bowl of washed fresh fruits on the kitchen table.
- Put washed and cut fruits and vegetables on a shelf in your refrigerator where your child can see them.



##### Make-Ahead Fruit and Veggie Snacks From the Fridge

- Toss veggies with cooked pasta and fat-free Italian dressing.
- Slice apples. Dip them in pineapple or orange juice to keep them from turning brown. Store apples in plastic snack bags or covered bowls in the fridge.
- Kids love to dip fresh veggies in low-fat ranch dressing. Cut up veggies. Store them near the dip on a low shelf in the fridge.

## Recipe-Style Content:

### Dip-a-licious!

#### Fruit Wands with Pink Princess Dip or “Swamp Slime”

Put pieces of fruit on a toothpick, skewer, or straw.

Cover with plastic wrap and store in the refrigerator until snack time.

Serve with low-fat strawberry (Princess Dip) or lime yogurt (Swamp Slime) for dipping.

### Happy Snack Packs

Fill small containers or snack bags with cut-up veggies.

Add a small container of fat-free ranch dressing for dipping.

Decorate the outside of the bags with stickers.

Store in the refrigerator on a shelf where they are easy for your child to see.

### Dip Your Favorite Veggies in These Tasty Dips

(1 serving is 2 tablespoons of dip)

Honey-Mustard Dipping Sauce

1/4 cup fat-free plain yogurt

1/4 cup low-fat sour cream

2 teaspoons honey

2 teaspoons spicy brown mustard

Mix all ingredients together. Store in a covered container in the refrigerator.

Makes 4 servings.

### Curry Dip

1 cup fat-free sour cream

1 cup fat-free plain yogurt

1 tablespoon curry powder

Mix all ingredients together. Store in a covered container in the refrigerator. Makes 16 servings.

### Avocado Dip

2 medium ripe avocados

1 tablespoon lemon juice

¼ cup salsa

1/8 teaspoon salt

Peel and chop avocados. Toss avocado with lemon juice in small bowl. Add salsa and salt. Mash with a fork.

Cover and store in the refrigerator. Makes 12 servings.

### Acknowledgements:

Honey Mustard Dipping Sauce adapted from the Centers for Disease Control and Prevention's Trees in a Broccoli Forest recipe at

[http://www.fruitsandveggiesmatter.gov/downloads/kids\\_fv\\_tips.pdf](http://www.fruitsandveggiesmatter.gov/downloads/kids_fv_tips.pdf). Curry Dip adapted from: Pennsylvania Nutrition Education Network

Website Recipes as presented on the Food Stamp Nutrition Connection Recipe Finder [http://recipefinder.nal.usda.gov/index.php?](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=444)

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