

How can my family eat more fruits & veggies?

Give your family nature's best – at least 5 juicy, crunchy, crispy, tasty fruits and vegetables every day.

★ Simple ways to raise a veggie-lover:

- Enjoy vegetables yourself.
- Offer a rainbow of colors.
- Make regular veggie snacks, like broccoli trees with dip.
- Repeat new items many times so kids can learn to love them.

★ Include lots of different choices – fresh, frozen and canned.

Choose one to start the conversation:

- 1 **Our food preferences start when we are very young. What do you remember about eating fruits and veggies when you were a child?**
- 2 **I found some good prices on produce at the store last week; the oranges were really juicy! What kinds of produce has your family been enjoying recently?**
- 3 **We're trying to help families serve more vegetables at snack time. Do you have any ideas for me to share with other parents?**



Make clients feel good about themselves. Compliment the client about current vegetable choices before making suggestions about possible changes.