

fun for



fit families

Broccoli, carrots and more!

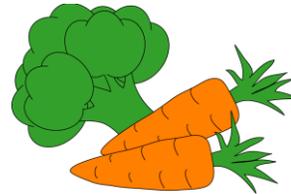
Make Every Bite Count...More Fruits & Veggies

March

Enjoy dark green and orange vegetables with your child.

Our most nutritious vegetables are full of color.

Broccoli and carrots are two of our most nutritious vegetables.



1 Snack on raw broccoli and carrots.

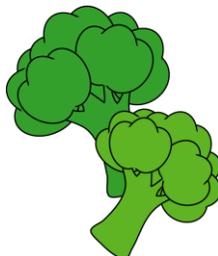
Children love their mild taste and crunch. Dip in low fat Ranch salad dressing, salsa or cheese dip. Try dipping carrots in peanut butter!

2 Let your child help in the kitchen.

Cook with your child. Talk about what you are cooking. *“What does broccoli look like? What does it feel like? What does it sound like when we eat it?”* Children are more likely to eat what they help to cook.

3 Snack on veggies!

If your child is hungry and wants something to eat before dinner, offer raw carrots or broccoli. Your child will be happy while you finish cooking. And he will be eating his vegetables!



4 Serve cooked broccoli for dinner.

Sprinkle with shredded cheddar cheese or parmesan cheese. Or squeeze fresh lemon juice on broccoli.

5 Toss some fresh chopped broccoli or shredded carrots into your favorite salad.

They will add flavor, crunch, color and nutrition.

6 Add shredded carrots or finely chopped broccoli to spaghetti sauce or lasagna.

It's an easy way to hide a few extra vegetables in a favorite dish.

7 Stir fry frozen or cooked broccoli.

Heat a small amount of olive oil in a skillet. Fry and stir broccoli. Season with garlic salt, pepper and parmesan cheese.

8 Raw broccoli and carrots are portable.

Pack a bag of raw vegetables to go!

Enjoy colorful vegetables with your family.

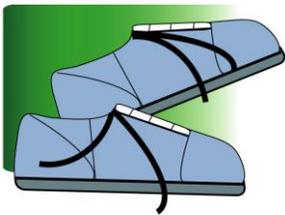
When your child learns to eat vegetables early in life, it's easier to eat a healthy diet.

It just becomes a way of life!

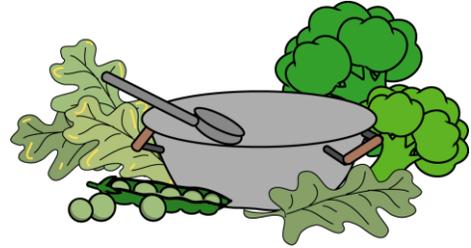
Walk Every Day!

Move More...Watch Less

- ♥ **Take walk breaks.** 10 minute walk breaks do add up! If you take 2 to 3 walk breaks in a day, you are active for 20 to 30 minutes.
- ♥ **Explore state and national parks.** Walk on hiking trails and beaches.
- ♥ **Take a walking tour of your city.** There is a lot that you don't see when you are in a car or bus.
- ♥ **Walk and talk.** Take a walk with your children and friends. Talk and share life stories.



If you are looking for a way to fitness, you can walk there!



Eat more broccoli!

- ♥ Combine cooked broccoli, cauliflower and carrots together. Season with dill weed.
- ♥ Sprinkle cooked broccoli with shredded cheddar cheese, mozzarella cheese or parmesan cheese.
- ♥ Steam broccoli spears for 5 to 7 minutes. Sprinkle with lemon juice.
- ♥ Stir fry a variety of veggies - chopped broccoli, carrots, zucchini and peppers. Season with soy sauce, garlic powder and parmesan cheese.

Enjoy water!

Make Every Sip Count...More Healthy Beverages

- ☀ Enjoy cold water with ice.
- ☀ Keep a pitcher of water in your refrigerator.
- ☀ Try a squeeze of lemon or lime in your water.
 - ☀ Try sugar free ice drink mixes. There are a variety of flavors such as raspberry, strawberry and peach.
- ☀ Make a pitcher of unsweetened ice tea.
- ☀ Drink bottled water if your water is unsafe to drink.

Limit soda and other sugary drinks!

Don't buy soda for your home.

Wear (or carry) comfortable shoes.

You will be ready to walk whenever you have the chance.

This material was funded by USDA's Supplemental Nutrition Education Assistance Program (SNAP).

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