

Hey Mom, Give Me Five!



Offering your children five fruits and vegetables each day is a choice you can feel good about. It will help keep them healthy and teach them good eating habits. Children (and adults!) can learn to enjoy fruits and vegetables. However, you may run into some problems along the way. Here are some tips to help you get started.

But my children don't like vegetables!

- 🍏 Stir fry vegetables in oil with herbs or spices.
- 🍏 Let your children help choose and fix them.
- 🍏 Hide vegetables in casseroles, meat loaf or spaghetti sauce.
- 🍏 Serve raw vegetables and dips.
- 🍏 Top them with WIC cheese.

But they cost too much!

- 🍏 Buy them in season.
- 🍏 Canned and frozen varieties often cost less.
- 🍏 Buy fruits and vegetables instead of expensive snack foods like chips and sodas.
- 🍏 Grow them in a home garden and let the kids help.

But I don't know how to use them!

- 🍏 Eat raw vegetables at lunch.
- 🍏 Add lettuce and tomato to a sandwich.
- 🍏 Freeze WIC juice for healthy popsicles.
- 🍏 Add fruit to cereal or yogurt.
- 🍏 Add raw broccoli or cauliflower to a salad.
- 🍏 Top pancakes, waffles, ice cream or cake with fruit.
- 🍏 Shred carrots, zucchini or cabbage and mix in with your favorite meatball recipe.
- 🍏 Bake quick breads with added fruits or vegetables in them.

But they take too long to prepare!

- 🍏 Wash and store them ahead of time in resealable containers.
- 🍏 Frozen and canned vegetables can be prepared quickly.
- 🍏 Snack on fresh or dried fruits.
- 🍏 Have a salad at a fast food restaurant.
- 🍏 Add frozen or canned vegetables to canned soup for lunch.

But others in the house won't eat them. They just go to waste!

- 🍏 The best way to teach your children healthy eating habits is for YOU to set the example. Get ideas or recipes from the WIC staff, your friends and family to help you add more fruits and vegetables to your family's diet!

The Pennsylvania WIC Program
1-800-WIC-WINS



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