



Fruits & Vegetables

Here are some fun ways you can add more fruits and vegetables to your snacks and meals!



Breakfast-Cereal & Fruit

Add chopped bananas to your Cheerios, Shreddies, or oatmeal. Along with milk this breakfast option provides 3 food groups to start off the day right.

Lunch- Pasta

Add chopped vegetables to your pasta sauce and top with a bit of cheese.

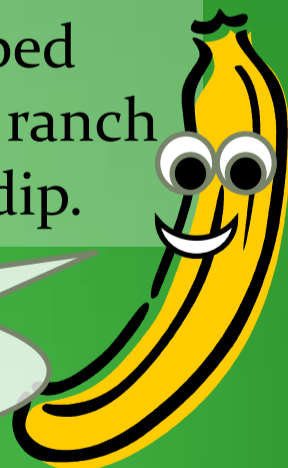
Vegetables you can add include: carrots, tomatoes, peppers, and broccoli.
½ cup of vegetables = 1 serving

Snacks

Serve 1 apple sliced with cheddar cheese to get 1 serving of fruit and milk products.

Bag of chopped vegetables with ranch dressing for dip.

I try and eat 5-8 fruits and vegetables a day!



The following are available through The Food Sharing Project

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|---------------------|----------------|------------|
| ✓ Apples | ✓ Apple juice | ✓ Celery |
| ✓ Bananas | ✓ Juice boxes | ✓ Broccoli |
| ✓ Oranges | ✓ Raisins | ✓ Lettuce |
| ✓ Canned pineapples | ✓ Baby carrots | ✓ Tomato |
| ✓ Applesauce cups | ✓ Cucumber | ✓ Peppers |

For more information visit www.foodsharingproject.org

