5 WAYS TO GET YOUR KIDS TO EAT THEIR FRUITS & VEGGIES

BLEND THEM
Make your own smoothies
Mix 1 cup of low fat milk with the fruit of your choice (try 1/2 cup of strawberries and 1 banana) with a little bit of honey to sweeten. Enjoy! Your delicious smoothie has 2 servings of fruit!

DIP THEM
Dip fresh fruit and veggies in dressing for a tasty snack
Cut up veggies and serve them with ranch dressing
OR
Dip fresh fruit into greek yogurt for a yummy dessert

COOK THEM
Cooking together encourages kids to try new things
Go to a farmer's market and pick out fresh fruit and veggies as a family
Let your kids help pick out the recipes you're going to make
Encourage kids to help you out in the kitchen.

HIDE THEM
Hide fruits and veggies into your family's favorite dishes
Add diced mushrooms and onions into your burger patties
Hide berries or grated apples in baked goods (like pancakes or muffins)
Add diced veggies to your chili or soup recipes

CHANGE THEM
Change up a few of your favorite meals by adding veggies!
Bake sweet potatoes with olive oil for a healthier french fry
Try cooking lasagna with sliced zucchini instead of noodles

@HEALTHIKIDS /HEALTHIKIDS WWW.HEALTHKIDS.ORG