



MARCH

Building a Healthier WSD

# A Very Veggie Lifestyle

Eating the 5 to 9 servings of fruits and vegetables each day is easy. Serving sizes are small: one medium fruit, ½ cup of vegetables (half the size of your fist), or 1 cup of salad. Be creative to get your kids to eat more vegetables. Try these ideas:

- Shred carrots or zucchini into meatloaf, burgers or casseroles. Place chopped vegetables in pasta sauce, lasagna, soups, chili and mashed potatoes.
- Eat veggies at lunch. Put lettuce or slices of cucumber, tomato, green pepper or roasted red pepper in a sandwich. Or, add a side of baby carrots.
- Offer chopped veggies with a dip, like low-fat ranch dressing.
- Cook a vegetable stir-fry and let your child help prepare the meal.
- Start a vegetable garden at home so your kids can eat the foods they grow. Visit a farm or farmer's market.
- Cook fish, chicken or lean beef with vegetables to add flavor, color and nutrition at meal time.

Remember to keep trying! On average, it takes 10 tries for a child to accept a new food. Set a good example for your child and be sure you eat lots of vegetables, too.

Looking for new ways to fit more fruits and veggies into your family’s day? Visit the Fruits & Veggies More Matters website at [http://www.fruitsandveggiesmorematters.org/?page\\_id=10](http://www.fruitsandveggiesmorematters.org/?page_id=10) for some healthy, fruit & veggie packed recipes!

**SNACK-TOID:** A handful of baby carrots makes a great snack and has just 40 calories. A handful of potato chips has double the amount of calories (plus added fat and salt!). [www.smartmouth.org](http://www.smartmouth.org)

For more information, visit:  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
[www.myeatssmartmovemore.com](http://www.myeatssmartmovemore.com)

### Go for the Greens this March!!

Join PANA as they Go for the Greens on Monday, March 17<sup>th</sup>. This statewide event encourages youth, families, and community members to make healthy eating - including a variety of green veggies- and active living a part of daily life. Encourage your school to get involved! For more information and additional resources for your school’s Go for the Greens event, visit [www.panaonline.org](http://www.panaonline.org)



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