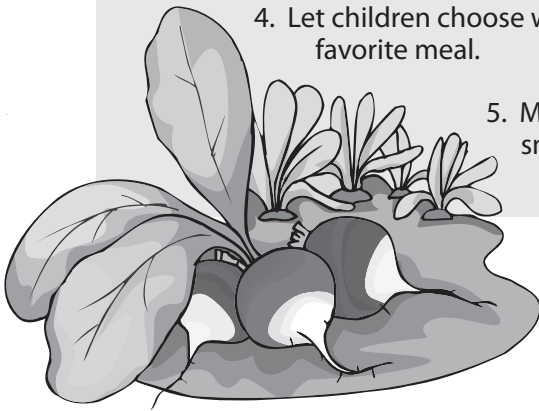




Focus on the **F'S** and **V'S** (Fruits and Veggies!)

5 Ways to Encourage Eating More Fruits and Veggies

1. Keep a bowl of fresh fruits on the counter or table. Refrigerate cut-up fruits and vegetables in small containers for easy snacks on the run.
2. Ask that fruits and vegetables be offered at school/child care functions or special events and in any vending machines. Provide encouragement and support families for packing healthy lunches and snacks.
3. Grow your own! Children are more willing to try what they have grown and cared for.
4. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meal.
5. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.



** Keep trying! For some foods, it may take multiple times before a child acquires a taste for it.*

** Adapted from the Center for Disease Control and Prevention (CDC); "Encourage Kids to Eat More Fruits & Veggies," Retrieved July 23, 2008, www.fruitsandveggiesmatter.gov/benefits/nutrient_guide.html*

Caution: When offering foods to young children, be aware of choking hazards such as nuts, popcorn, raw vegetables, and hot dogs; do not give these to infants. Closely supervise young children when they eat.

Fruit & Veggie Recipes:



Fruity Breakfast Parfait Ingredients: (serves 4)

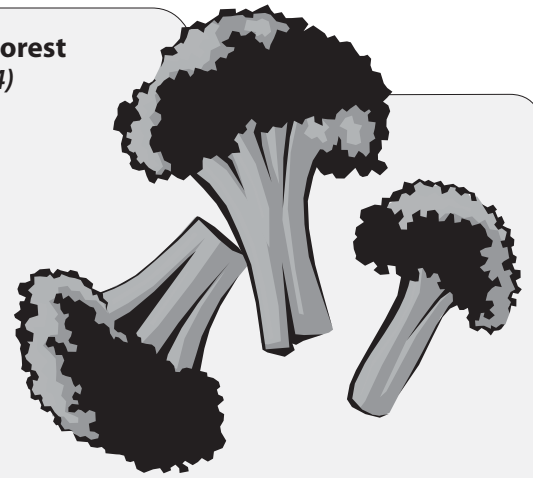
2 cups chopped fresh pineapple
1 cup frozen raspberries, thawed (or fresh)
1 cup vanilla yogurt
1 firm, medium banana, peeled and sliced
1/3 cup chopped dates
1/4 cup sliced almonds, toasted

Prepare Parfait:

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle with almonds (optional).

Trees in a Broccoli Forest Ingredients: (serves 4)

2 carrots, peeled
3 cups broccoli florets
4 cherry tomatoes
3 Tbsp parsley leaves
Dipping Sauce:
1/4 cup plain non-fat yogurt
1/4 cup low-fat sour cream
2 tsp honey
2 tsp spicy brown mustard



Prepare dipping sauce:

Combine yogurt, sour cream, honey, and mustard in a small bowl.

Prepare trees in a forest:

Trim ends off carrots. Cut each carrot in half, crosswise, then lengthwise to make four pieces. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around carrots, forming clusters (trees). Arrange tomatoes at the top. Spoon dip around the base of the carrots and sprinkle with parsley.

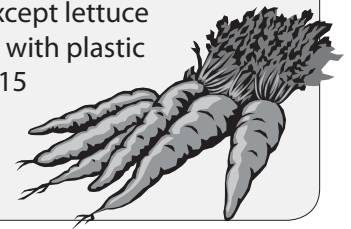
**Allow children to arrange how they would like!*

Carrot and Raisin Sunshine Salad Ingredients: (serves 4-6)

1 pound carrots (5-6), peeled and shredded
1/2 cup raisins
1 carton (8 oz.) low-fat vanilla yogurt
4-6 iceberg lettuce leaves

Preparations:

Mix all ingredients together except lettuce leaves in a mixing bowl. Cover with plastic wrap or lid and refrigerate for 15 minutes. Toss again before serving. Serve on lettuce leaves.



Keep Your Toddler Safe

- **Modify the shape and texture of firm foods.** To avoid choking, cut grapes into quarters, chop apples and firm fruits into very small pieces, and cook carrots and hard vegetables until soft, then cut into small pieces.
- **Keep an eye on small children when they are eating.** Small children may eat in a hurry, stuff too much food in their mouths, or chew their food inadequately, which may cause them to choke.
- **Prevent injuries by prohibiting children from running or playing while chewing food.** Feed small children only when they are sitting down and are in a relaxed atmosphere. Train toddlers to chew their food thoroughly before swallowing.

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Supported and produced with funds from the Office of Child Development and Early Learning, a joint office of the Pennsylvania Departments of Education and Public Welfare, and the Penn State Cooperative Extension Better Kid Care Program.

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References: Center for Disease Control and Prevention (CDC); *Encourage Kids to Eat More Fruits & Veggies*, Retrieved July 23, 2008, www.fruitsandveggiesmatter.gov/benefits/nutrient_guide.html