

15 Ways to Get Kids To Eat More Fruits and Vegetables.

1. Green smoothies- a delicious blend of fruits and green leafy veggies; See recipes on next page.
2. Be a good role model. Eat and enjoy a variety of fruit and veggies yourself.
3. Have a bowl of fruit on the kitchen table for a quick, easy snack.
4. Always have freshly cut veggie sticks in the refrigerator.
5. Try many times — fifteen or more — to get your kids to eat their veggies. Don't give up.
6. Let your kids help choose fresh veggies when you're shopping.
7. Get your kids involved in fruit, veggie and salad preparation. They are more likely to eat something they helped make. Have them peel bananas, shuck corn, or scoop watermelon into balls.
8. Add veggies to the foods your kids already like.
9. Try different textures of fruits. For example, bananas are smooth and creamy, apples are crunchy, and oranges are juicy.
10. Great snack idea - In a 12-cup muffin pan, cut up small pieces of fruits and veggies and place them in each cup. Leave the muffin pan out all day for kids to snack on.
11. Make fancy shapes - use a melon baller, apple slicer, or cookie cutter. For example, pick a shape and introduce everything that is circle shaped - slices of cucumber, round slices of carrot, apple rings, cherries, strawberries, melon balls. The next day, cube everything and challenge your kids to try squares of fruit and veggies - do they taste the same?
12. Decorate plates or serving dishes with fruit slices.
13. Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
14. Freeze grapes, bananas and mango wedges for a refreshing and cool treat.
15. Peanut Butter Flowers - Place a tablespoon of peanut butter in center of plate. Slice carrots or celery thinly and place the slices in a circular pattern to create peanut butter "flowers".

