



FRUITS & VEGGIES

Real-life challenges...

...and how to overcome them

Fruits and vegetables are too expensive.



Serve canned, dried, or frozen fruits and vegetables for cheaper alternatives. Carrots, apples, and bananas are also inexpensive options.

We have limited storage and fridge space for produce.



Make purchases more often or request more frequent deliveries to keep food fresh.

Fruits and vegetables take too long to eat.



Cut and peel before serving to make eating easier. Get kids involved for hands-on experience.

Kids don't like to eat fruit and vegetables.



Use taste tests and cooking activities to understand kids' preferences. Identify new items that kids enjoy to add to your regular menu.

We don't get to choose which foods are provided to children.



Contact whoever is responsible for food purchasing and request that fruits and vegetables be served at snack every day.

Afterschool licensing requirements and food safety regulations don't allow kids to participate in food preparation.

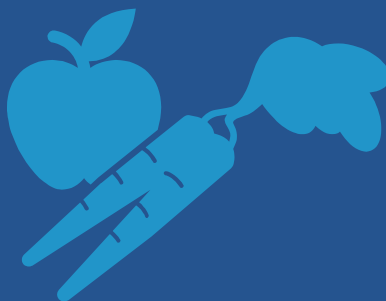


Get creative with jobs for kids like setting tables, washing fruit, helping with cleanup, and menu planning.

CHECK OUT SOME OF THESE CREATIVE SUCCESS STORIES!

Brainstorming with children about new ways to incorporate fruits and vegetables into snacks is a great way to get kids involved. One site urged children to think of creative ways to add either a fruit or vegetable to every snack. Here are some ideas:

- Celery or apples with peanut butter (unless children have allergies)
- Whole grain crackers with an orange or sliced red peppers
- Trail mix with nuts, sunflower seeds, and dried fruit
- Yogurt with granola and berries



When one program started introducing different fruits and vegetables, they designed a whiteboard near the snack area where children rated the new foods each day. The site director tallied the ratings and created new snack menus that matched the kids' favorites. The kids were eating foods that they loved and that were good for them, too!

Did you know?



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THE SCOOP ON FRUITS & VEGETABLES

- Offer a fruit or vegetable option with every snack or meal served.
- Fruits and vegetables are important foods to include in a healthy diet, but only about one in every five children (and few adults!) get the recommended five or more servings each day.¹
- Fruits and vegetables are packed with nutrients, including vitamins A, B, and C, and minerals such as potassium and even calcium. They help protect against heart disease, stroke, high blood pressure, and cancer later in life.²
- Each type of fruit or vegetable has unique benefits, so it is important to eat different types to get all the nutrients for a strong body.
- 100% fruit juice isn't a substitute for whole fruit. When possible, serve whole fruit—it contains more nutrients and fiber and helps fill you up.
- Even though canned and frozen foods can provide an easy way to keep fruits and vegetables handy, watch out for added sugar and salt.

CREATIVE & EASY SNACK IDEAS

Applesauce
Tangerines/Clementines
Apricots
Canned fruit in water or juice
Dried fruit: apple rings, apricots, raisins, berries
Colored pepper slices
Raw broccoli and cauliflower
Green & yellow string beans
Celery

HOW MUCH DO KIDS REALLY NEED?

Children should eat at least five servings of fruits and vegetables each day

So what's a serving?

- ¼ cup of dried fruit
- ½ cup of cooked or raw vegetables
- ¾ cup of 100% juice
- 1 cup of leafy greens—and remember that darker greens are more nutritious!
- 1 medium piece of fruit

GET CREATIVE WITH THESE RECIPE IDEAS!

- Baked apples
- Fruit kabobs
- Fruit salad
- Ants on a log
- Fruit smoothies
- Veggie dipping sauce

(These recipes can be found in your Food & Fun resources)

WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

Produce for Better Health has resources for afterschool providers to help children establish smart fruit and vegetable eating habits:

www.pbhfoundation.org/educators/teachers/activities

For tips on eating a variety of colorful fruits and vegetables, nutrition information, and activity pages for children visit PBH's other website:

www.fruitsandveggiesmorematters.org/

Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource