

Discover Fruits and Veggies

We are always trying to get children to eat more fruits and vegetables but this is not always an easy task. To get children to try fruits and vegetables, we must introduce them in new, creative ways. This resource will give you websites that will help you come up with new ideas when serving fruits and vegetables.



1. Just Say Yes to Fruits and Veggies

www.jsyfruitsveggies.org– this website was started to help pantries in New York City but can be useful to anyone who wants to consume more fruits and veggies. This site not only give numerous recipes but also tips on buying fruits and vegetables seasonally and preventing food waste.

2. Fruits and Veggies More Matter

www.fruitsandveggiesmorematter.org– Foundation for Better Health offers this website to help people consume more fruits and vegetables. It offers advice on healthier meals, cooking advice, and also recipes.

3. **Team Nutrition** www.teamnutrition.usda.gov– This website is sponsored by the same agency that sponsors the SFSP. It give tips on increasing physical activity, activity sheets for kids, and yes, recipes.

