

# Get Creative with Fruits and Veggies at Home!



Children ages 2-3 need **1 cup of fruits and 1 cup of vegetables** every day. Feeding children fruits and vegetables at snack time is an excellent way to help them reach this goal. The more you can involve kids in the selection and preparation process, the better!

## Make it fun!

### Snack Ideas

Fruit and yogurt smoothies

Fruit kabobs- have kids build the kabobs themselves

Relate snacks to cartoon characters or animals

"Ants on a log" (celery with peanut butter or hummus and raisins)

Dip vegetable sticks in hummus, black or white bean dips, and other dips

Banana, zucchini, or other fruit and veggie based breads

*Molten Lava Recipe:* Puree beans with salsa to make "lava" and serve with whole grain crackers or vegetables



Involve kids in the grocery shopping process.

Keep fruits and vegetables in easy to reach places so kids will grab the healthy choice.

Serve foods in a variety of ways!