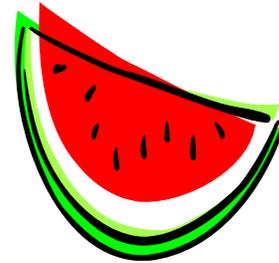


Tips For Getting Your Child to Eat More Fruits & Vegetables



Your child may be more willing to try new foods like fruits and vegetables if you ask him or her to help when you shop for the food or cook it. Try these tips:

1. Ask your child to help when you make your shopping list by picking a new fruit or vegetable that they would like to try.
2. Take your child along when you shop for food. Show him or her the fruit & vegetable section with its many different colors, shapes, and textures. Help your child to learn what each fruit and vegetable looks like. Have them help you choose the fruit or vegetable they listed.
3. Ask your child to help when you make a meal for your family using the fruit or vegetable that he or she has chosen. You might want to use one of the recipes on the back of this page.



4. Help your child make a poster to mark each new fruit or vegetable he or she tastes. Make the poster by drawing squares on a sheet of paper. The squares can be filled in to mark the new fruit or vegetable. You could have your child write in the name of each new fruit or vegetable, or have him or her draw a picture of the new food. Each time your child tries a new fruit or vegetable, let him or her fill in a square. Give your child a prize when all the squares are filled.

5. Remember to set a good example by eating your fruits and vegetables. Your child learns from watching you.



Crunchy Vegetable Burrito Banditos* (makes 4 servings)

- 1/2 cup shredded carrots
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 ounces shredded lowfat Cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 teaspoon chili powder
- 4 (7-inch) flour tortillas
- 1 cup torn lettuce, bite-size pieces

In a mixing bowl, combine carrots, broccoli, cauliflower, and onions with cheese, dressing, and chili powder. Lay tortillas flat on counter and spoon about 1/2 cup vegetable mixture and 1/4 cup of lettuce down the center. Wrap each tortilla around the vegetable mixture.



Crispy Winter Vegetable Salad* (makes 8 servings)

- 4 cups broccoli florets
- 2 large carrots, peeled and sliced thin
- 1 large red bell pepper, seeded and sliced thin
- 1 bunch radishes, cut in half
- 2 stalks celery, sliced thin
- 1 bottle (8 ounce) fat-free Italian salad dressing
- 1 bag (1 pound) prepackaged salad mix

Combine broccoli, carrots, red pepper, radishes, and celery with salad dressing; toss. Cover with plastic wrap and refrigerate for at least 15 minutes. Toss with salad mix before serving.

* Recipes and accompanying pictures from:
Fun With Fruits & Vegetables Kids Cookbook.
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Banana Peanut Butter Sandwich* (makes 2 servings)

- 2 tablespoons peanut butter
- 4 slices raisin bread (or regular bread)
- 1 firm, small banana, peeled and sliced

Spread peanut butter on 2 bread slices. Arrange banana slices over peanut butter. Top with remaining slices of bread. Cut sandwiches into quarters.



Fruity Oatmeal Cookies

- A) Preheat oven to 350 degrees
- B) Soak **1 cup of raisins** in water for 10 minutes
- C) Toast **1-1/4 cup uncooked oats** (quick or old fashioned), set aside
- D) Remove raisins from water, drain and set aside
- E) Grease two cookie sheets

Mixture #1

- 3/4 cup + 2 Tbsp all purpose flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt (optional)
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg

Mix thoroughly and set aside.

Mixture #2

- 1/4 cup applesauce
- 1 small banana (optional)
- 2 Tbsp. light corn syrup
- 2 Tbsp. vanilla
- 3/4 cup white sugar
- 1/4 cup brown sugar, well packed

Beat at high speed—Mixture #2 into Mixture #1. Fold in toasted oats, then add raisins and **1/2 cup of chopped walnuts or pecans** (optional). Drop by spoonful onto cookie sheets. Bake for approximately 9 minutes at 350 degrees.