Frozen sliced grapes or mangos for a chilly snack or satisfying dessert.

Freeze bananas and other fruits for smoothies!

Cooking starter: freeze precut celery, carrots, and onions for a quick weeknight dish.

Freeze!

Frozen fruits and vegetables are a great healthy option. Freeze produce before it goes bad for future use and to make mealtime quicker!

Use in Water!

SPICE UP YOUR WATER WITH THESE GREAT FRUIT AND VEGETABLE INFUSED IDEAS!

Strawberry, Basil

Apple, Pear, Ginger
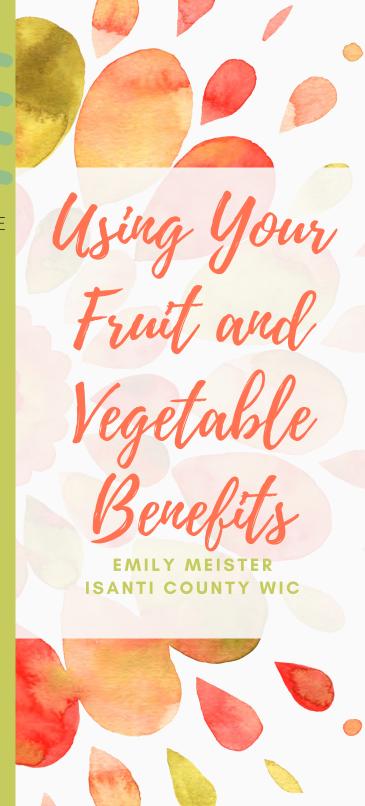
Cucumber, Lime, Mint

Lemon, Lime, Orange

Orange, Cranberry

Pineapple, Strawberry

ADD FRUIT OR VEGETABLES TO A PITCHER OF WATER AND LET INFUSE OVERNIGHT.

ADD FRUIT OR VEGETABLES TO REUSABLE WATER BOTTLE FOR ON THE GO HYDRATION!

Using Your Fruit and Vegetable Benefits

EMILY MEISTER
ISANTI COUNTY WIC

Easy Snack Ideas

- Sliced apples with cheese

- Ants on a Log (celery with peanut/almond butter with raisins*)

- Sliced fruit with low-fat, plain yogurt

- Sliced fresh peppers or cucumbers with hummus*

**for children over 3 years

Get Creative!

USE FRUITS AND VEGETABLES TO MAKE THINGS YOU CAN SERVE LATER SUCH AS: MARINARA SAUCE, SALSA, AND SALAD DRESSINGS.

Easy Pico de Gallo:

Ingredients

- 1 medium tomato, diced
- 1 onion, finely chopped
- ½ fresh jalapeno pepper, seeded and chopped
- 2 sprigs fresh cilantro, finely chopped
- 1 green onion, finely chopped
- ½ teaspoon garlic powder
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 lime, squeezed

Directions:

In a medium bowl, combine tomato, onion, lime juice, jalapeno pepper (to taste,) cilantro and green onion. Season with garlic powder, salt and pepper. Stir until evenly distributed. Refrigerate for 30 minutes.

Quick Tips

Have things like snap peas, bell peppers, and carrots already cut up in the fridge for a quick snack!*

Incorporate dips! Hummus, low calorie salad dressings, and salsa are quick healthy options.

Add veggies to spice up traditional recipes! Add extra veggies to soups, quesadillas, smoothies, pizza, and rice.

**For children over 3 years