



Today your child learned how vegetables grow and why it's important to eat colorful vegetables each day.

- Vegetables are rich in nutrients and fiber and low in calories. They're important for health and should be a regular part of your family's diet.
- Children learn from watching you. Eat fruits and veggies and your kids will too!
- Teach them to enjoy vegetables at a young age and give them a gift of healthy eating for life.

Tips to Vary Your Veggies

1. Go on a *Vegetable Treasure Hunt* with your child. Look for all types of veggies at the grocery store and farmers' market.
2. Let your kids be produce pickers. Help them pick fruits and veggies at the store.
3. Offer a rainbow of colorful veggies each day at meals and snacks.
4. Cook together. Have your child wash carrots, tear lettuce and snap beans.
5. Choose fresh, frozen and canned varieties. Watch for in-season buys and store specials.
6. Grow some veggies in a small garden plot or in pots. Join a neighborhood garden.

Easy Vegetable Soup

Makes: 8 cups

Serves: 8 (1 cup serving)

Ingredients

6 cups low-sodium chicken or vegetable broth
1 (16 ounce) package frozen mixed vegetables
1 (14 ounce) can diced tomatoes, no salt added
1/2 teaspoon onion powder
1 teaspoon dried basil or Italian seasoning
3/4 cup small pasta, alphabet or stars
1 (15 ounce) can white beans, drained and rinsed
1/8 teaspoon salt
1/8 teaspoon pepper

Steps

1. **Measure** ingredients.
2. In a large pot **combine** broth, diced tomatoes, beans, and seasonings. Bring to a simmer over medium heat, then add pasta and frozen mixed vegetables.
3. Cook for about 6 minutes. Remove from heat and let sit for 5 minutes.
4. Serve. Help your child to **find** the letters of their name or the beans in their soup bowl.
5. **Enjoy!**

Have your child help you do the bold steps.

This adapted recipe appears courtesy of Produce for Better Health Foundation, MoreMatters.org/10 Minute Veggie Soup.

I Varied My Veggies!

1-2-3! Veggies are Good for Me!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							

Directions

Each time your child eats a vegetable, help them color a box the color of the vegetable they ate. Remind your child that it's good to eat different colored vegetables each day.

Eat Well Play Hard in Child Care Settings



Department of Health

Child and Adult Care Food Program

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.