

Fruit & Veggie Challenge!

NEWSLETTER



Harbour Grace Primary
Janeway Lifestyle Program



1) How to get more fruit and veggies

- Take kids berry picking and freeze some for the winter months.
- Buy local produce when possible (root vegetables last longest).
- Grow a vegetable garden and get children to help out. Children will be excited to try the vegetables that they grow themselves.
- Buy fruits and vegetables when they are half price and freeze.
- Use frozen or canned fruit/vegetables in the off season.
 - To reduce sodium from canned products look for lower sodium options or rinse the vegetables prior to cooking and serving.
 - Frozen fruit and vegetables are just as nutritious as fresh. Look for products with no other ingredients added.



2) Ways to eat enough fruit and veggies

- Make fruit smoothies using fresh, frozen or overripe fruit.
 - Yogurt close to expiration can be frozen to use in smoothies.
- Purée or mash vegetables and put in soups, sauces, chili, spaghetti or lasagna.
- Keep giving children vegetables at meal times. It may take over 20 tries before a child will like a new food.
 - Put just one forkful on the plate. Kids may be more willing to taste the new vegetable if it is only one bite.
 - Make sure the vegetables are on your plate too!
- If your children have a bedtime snack, offer only fruits or vegetables.
- Young children often prefer raw veggies over cooked.
 - Place raw veggies and a healthy dip on the dinner table.



Steam or parboil fresh greens in the fall and freeze for the winter.
—Harbour Grace Primary



School (optional):

Please identify tips using the numbers and letter (eg. 1a, 3c)

- Which suggestions are new to you? _____
- Which ones do you think you would try? _____
- Have you tried any of these tips before? _____





3) Storing fruit and veggies

- Store pre-cut vegetables so they are seen in fridge for easy access.
- Freeze fresh produce: Rinse berries, broccoli or cauliflower and drain well. Spread on tray and freeze until solid. Put into freezer bag or freezing container.
- Vacuum seal fresh produce: vacuum packs remove the air from the freezer bags which help to prevent freezer burn.
 - If you do not have a vacuum packer, use a straw to suck out as much air as possible before placing in the freezer.*
- Dry fresh fruit: Dehydrators are great for preserving fresh fruit.
 - Oven dry method: Place fruit on a cookie sheet in the oven at 120-145 ° F. It usually takes 4-12 hours to dry most items.*

*"I eat fruits all day long
To help me grow healthy and strong
I think its cool, I really do
To eat fruits and veggies too"
—St.Lewis Academy*



4) Making fruit and veggies more fun

- Cut fruit/vegetables into interesting shapes. Kids will often eat cut up fruit over whole fruit.
- Make games of eating fruits/vegetables.
 - Raisins and peanut butter on a celery stalk are 'ants on a log'*
- Make fruit ice cubes.
 - Freeze fresh berries and use as fruit cubes in water.*
- Make 'Fruit kebabs' for after-school snack.
- Have a family salad bar night.
 - Lay out all the ingredients and have kids make their own salads.*

Go to www.preservefood.com for more information on how to can, freeze, dry and vacuum seal your vegetables, herbs and fruit.



Recipe

Banana-Berry Wake-Up Shake (Makes 2 servings)

- 1 Banana (fresh or frozen)
- 1 cup fresh or frozen berries (any combination)
- 1 cup milk or vanilla-flavored soy beverage
- 3/4 cup lower-fat yogurt (vanilla or other flavor that complements berries)

In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth.



4. What makes it hard for you and your family to eat enough fruits and veggies?

5. Do you have any other ideas to help families eat more fruit and veggies?
