

EATING WHAT YOU GROW



By: Cathy Hanzik, TEEA State Education Chair

With thanks to: Rusty Hohlt, Extension Program Specialist and Dr. Sharon Robinson, Extension Food and Nutrition Specialist. 8/2015

OBJECTIVES:

After completing this lesson, participants will be able to:

- 1) identify the gap in fruits and vegetables in children's diets;
- 2) discuss two AgriLife Extension programs where participants can help support promoting fruit and vegetables to children and families;
- 3) demonstrate and engage adult and child learners in fresh fruit and vegetable preparation.

POWERPOINT

A PowerPoint has been created with notes to help the facilitator in leading the program. You will need a laptop, projector, copy of the PowerPoint, extension cord, and screen or blank wall. If you choose not to use the PowerPoint the slides can be printed on white paper and used as posters to show. Notes and script for the presenter are included in the notes section of the PowerPoint.

ACTIVITIES AND HANDOUTS

Handouts used in this presentation are located at the end of the packet. In preparation for the class, please make copies of the handouts for participants. Instructions for activities are listed below and in the PowerPoint notes.

Activity #1: Create a Plate

- **Materials needed: 9 inch white paper plates and markers or crayons**
- Most people know that childhood obesity is a health crisis facing youth today. Let's take a moment and think about what our plates looked like when we were children. (pause and give people a moment to think) Now let's think about the youth of today and what their plates look like – as a team draw what most children today are eating on the plate provided. Ask participants to take their paper plate and either individually or as a small group draw what they think the average child's dinner plate looks like. Give participants 10 minutes to create.

Activity #2: How long is 20 seconds?

- **Materials needed: watch or clock to measure 20 seconds**
- Ask participants to pretend they are scrubbing their hands with soap and water and do this for as long as they normally would. Time them and start to notice when most stop. Tell them we are going to do this again but for 20 seconds (the recommended amount of time to wash hands). Ask participants if 20 seconds feels like a long time?

Activity #3: Blue Potato *(taken from LGEG pilot curriculum)*

- **Materials needed: potato, knife, blue paint, paint brush, vegetable brush**
- Ask participants if they've ever thought about how many steps fruits and vegetables go through before they get to their house? Think about a garden or farm. The vegetables are grown in the

soil. Then we harvest them and bring them home to cook and eat. When we buy fruits and vegetables at the store, they go through the same steps but are also stored in warehouses and placed on trucks to take them to the store. There are many steps between the garden where fruits and vegetables are grown and our house. Along the way, there are many ways these fruits and vegetables get dirty!

- Use the following discussion and steps to lead *Blue Potato* to help participants learn how to make sure our food is safe to eat:
 - Because they can touch many things between the garden and your kitchen, the surface of the fruits and vegetables can sometimes carry germs called bacteria. Have you ever eaten something that made you sick? Bacteria on foods can make you sick. Even fruits and vegetables can carry these bacteria. But, if we wash our fruits and vegetables, we can keep them safe to eat.
 - Here is a potato. I know everyone likes to eat potatoes! Let's pretend that this paint is dirt and bacteria on the outside of the potato. (Paint potato blue.)
 - Let's pretend that we didn't wash the potato, instead we just cut and ate it. (Slice painted potato.) Now, take a look at the inside of the potato. What happened to the paint or dirt and bacteria? (Show inside of potato with paint.) That's right, now they are on the inside of the potato and we are going to eat the dirt and bacteria! This shows us why it is so important to wash fresh fruits and vegetables.
 - We should wash all of our fruits and vegetables just before eating or cooking them. To wash them, first start with clean hands! Wash your hands for 20 seconds with soap and warm water. Then, use clean, cool, running water to wash your fruits and vegetables. Unlike your hands, you should not use any type of soap to wash fruits and vegetables. Instead, just run cool, clean water over the fruits and vegetables.
 - Use your hands to rub soft fruits and vegetables like potatoes or bell peppers to help get them clean. You can place berries in a bowl and gently run water over them or use a kitchen sprayer to gently wash them. Firm fruits and vegetables like a cantaloupe or a potato should be scrubbed with a vegetable brush like this to remove dirt and bacteria. (Show vegetable brush)

BACKGROUND INFORMATION: *(presenter information, not included in the presentation)*

From the Association for the Study of Food and Safety Abstract 2014

“Involving children in the preparation of food not only adds to their cultural capital, but may allow children to have a say in what is prepared. It may also increase the bond between the food preparer and her/his child. However, lack of cooking skills and confidence that he/she can create vegetable dishes may reduce the frequency of involving children in cooking. This research question is studied, using data from a pilot study of 53 mothers in South Texas. We examined basic cooking skills, difficulty in preparing vegetables, and whether fruits and vegetables were routinely available in the household. We found that mothers who were confident in basic cooking skills (using a measuring cup; reading a recipe), perceived that the family liked vegetables, and tended to have fresh vegetables on hand at home and were more likely to involve their children in meal planning, shopping for food and selecting which foods to purchase.”

There is little debate over whether cooking skills are lacking in today's households. Hartman et al. (2013) suggest that this is due to a decline in the transmission of such skills across generational lines and the disappearance of home economics course from schools. Some research argues that there has been a decline in confidence in cooking skills, arguing that a variety of societal changes have undermined confidence, including: globalization, changing production and processing methods, the growth of processed/prepared foods and the increase in takeout meals. Other research has indeed found that those with fewer such skills tended to make use of convenience foods (Brunner et al, 2010). Others argue that time constraints, both real and perceived, increased a reliance on prepared food products (Kim, 1989; van der Horst et al, 2010). When it comes to socioeconomic differences in cooking skills are few and present inconsistent findings.

Consequences of Low Cooking Skills: Brunner et al (2010) and van der Horst (2010) found those with fewer cooking skills tended to make more use of convenience and highly processed foods and van der Horst et al (2011) found a similar association with the consumption of fast food. Low self-efficacy in terms of food management (e.g., feel competent to plan meals, choose health foods, cook for my family) was positively related to eating in fast food restaurants (Morin et al, 2013). Hartman et al (2013) found that those reporting greater skills tended to serve more vegetable dishes and fewer servings of meat and convenience foods.

From “Preparing Vegetables – Cooking Healthy – Health communities.com”

(The Wellness Kitchen, by the editors of the University of California, Berkeley Wellness Letter and the staff of the Wellness Kitchen)

Published: 18 Aug 2010

Last Modified: 19 Nov 2014

Healthy Vegetable Preparation

The nutritional content of vegetables, as well as their taste and texture, is affected by how you handle them, and especially by how you cook them. Here are some general rules to keep in mind:

Nutrient loss occurs when vegetables are exposed to light and air; wash, chop, or slice vegetables until near the time you will use them.

While vegetables should always be washed before you cook or serve them raw, long soaking is not recommended, as it can leach out water-soluble vitamins. You can quickly but thoroughly rinse vegetables under cold running water, or dunk them in several changes of water in a basin. Use a soft brush to remove dirt that clings, lukewarm water also help to release sand and grit from leafy vegetables.

Peeling and Chopping Vegetables

Remember that many nutrients are concentrated just beneath the skin. If possible do not peel vegetables such as potatoes and beets; or, cook them in their skins and peel them after cooking, when their thin skins will slip off. (Even if you don't eat the skin, leaving it intact during cooking helps preserve nutrients.)

In general, most vegetables should be cooked until they are barely tender or crisp-tender. Only then will they retain most of their nutrients, bright colors, and fresh flavors. Of course, this rule does not apply to every vegetable. Potatoes, for instance, need to be cooked until tender, or they will be inedible.

In general, heat will cause some loss of vitamins; however, the loss is so slight in relationship to the total amount needed that it does not matter.



TEXAS A&M
AGRILIFE
EXTENSION

Eating What You Grow

Welcome to the TEEA "Eating What You Grow Lesson"
Introduce yourself

Ice Breaker



Facilitator Notes: Prior to the program have materials available.

Paper plate activity #1: Most people know that childhood obesity is a health crisis facing youth today. Let's take a moment and think about what our plates looked like when we were children. (pause and give people a moment to think) Now let's think about the youth of today and what their plates look like – as a team draw what most children today are eating on the plate provided.

Ask participants to take their paper plate and either individually or as a small group draw what they think the average child's dinner plate looks like. Give participants 10 minutes to create.

Getting Started



How many of you want to grow your own fruits and vegetables so that you can eat what you grow? (Raise your hands.) The Texas A & M AgriLife Extension Service has a lot of information on growing a garden in your area. If you don't have a lot of space for a garden, TEEA has a program on Container Gardening. I encourage each of you check out these resources to learn about gardening. Having a garden is not easy for everyone and there are many fresh fruits and vegetables available in grocery stores. But many parents lack the knowledge and confidence to prepare fresh fruits and vegetables for their families and many children today are lacking the fruits and vegetables in their diets that are necessary for healthy growth and development.

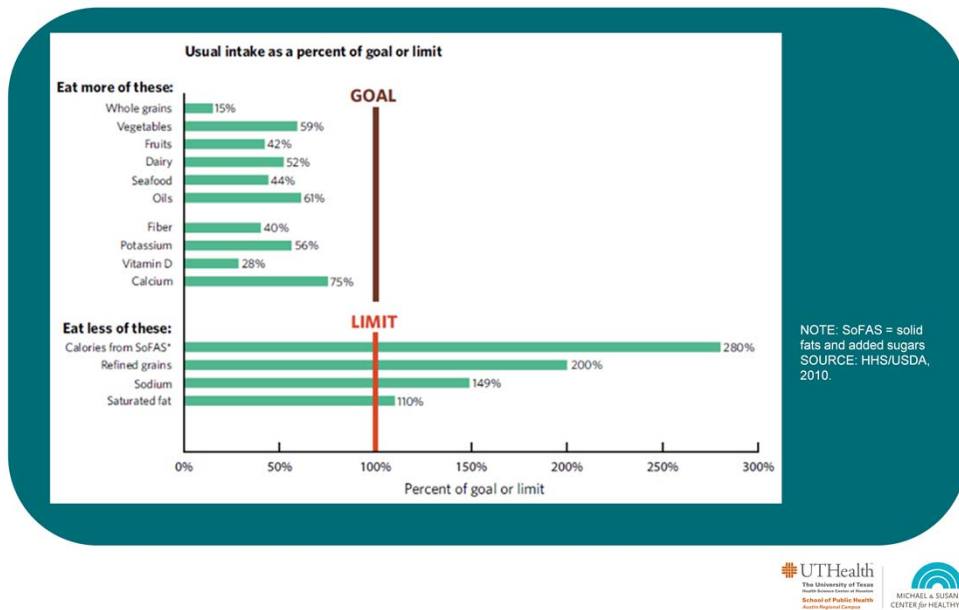
Today we will:

- Identify the gap in fruits and vegetables in children's diets
- Discuss two AgriLife Extension programs where participants can help support promoting fruit and vegetables to children and families.
- Demonstrate and engage adult and child learners in fresh fruit and vegetable preparation

There is a multitude of information out there about eating more fruits and vegetables. I think everyone may know that we should have half of our plate filled with fruits and vegetables, but do we do it? Making this lifestyle change takes intentionality. It takes making plans, making choices, and following through on a meal by meal basis. A number of parents work several jobs to support their families or have jobs with long hours. For these families, preparing food from scratch may be a challenge. Fruits and vegetables are part of a well-balanced and healthy eating plan. Research shows healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and mineral, fiber, and other substances that are important for good health.

Review objectives of the program

Comparison of Typical American Diets with Dietary Guidelines for Americans



You can see that fruits and vegetables make up only a small proportion of a child's daily food consumption. Increasing daily fruit and vegetable consumption is a critical need for families today.

Sixty percent of children (age 2-18) did not eat enough fruit to meet daily recommendations in 2007-2010, and 93 percent of children didn't eat enough vegetables.

In 2010, about one in four high school students ate fruit less than once a day, and one in three didn't eat vegetables more than once a day.

How did your "plate" compare with the facts??

Lead discussion with group on the plates they made at the start of the lesson.

What do children eat?



This study found that:


- Parents lacked the skills to prepare fresh fruits and vegetables
- Parents who gardened had more fruits and vegetables in their meals
- When children grow vegetables, sample them raw and experience the vegetables in easy and healthy recipes, their preference for vegetables increases significantly
- Many parents lack the confidence and skills to prepare fresh fruit and vegetables for their families

The Texas A&M AgriLife Extension Service has many programs that promote healthy eating for families. One new program “Learn, Grow, Eat & Go” is involving elementary school children in growing and tasting vegetables as a way to improve healthy eating. Extension and Texas A&M School of Public Health and A&M University, collaborated with the University of Texas School of Public Health to evaluate this program in 28 Texas elementary schools with 1500 children and over 1100 parents.

The study was to determine effective ways to improve healthy eating and to reduce childhood obesity. This study found that parents lacked the skills to prepare fresh fruits and vegetables. It was the parents who gardened who had more fruits and vegetables in their meals. The study also found that when children grow vegetables, sample them raw and experience the vegetables in easy and healthy recipes, their preference for vegetables increases significantly. Extension agents, and Extension volunteers conducted the recipe demonstration – engaging the children in helping and sampling the easy vegetable recipes.

(Show video with Dr. Doug Steele)(1:34) (optional) <http://imgkids.us>

The study also found that many parents lack the confidence and skills to prepare fresh fruit and vegetables for their families. There is also other research that supports the value of teaching children and parents vegetable preparation to improve vegetable availability in the home and the consumption of more vegetables by the family.



Learn!

- 10 week – lessons aligned to TEKS, STAAR readiness and supporting standards
- Student garden journals
- Math within *Garden Kitchen* recipes
- Family engagement resources online
- WAT Teacher lesson plans online


Grow!

- GARDENS - raised beds or container gardens
- Grow featured *nutrient-dense* vegetables

Eat!

- Raw veggie samples
- Recipes with featured *nutrient-dense* vegetables

GO!



- Promotion of gardening physical activity components
- Walk Across Texas - enrollment

The Learn, Grow, Eat & GO program has 10 weeks of classroom lessons that are aligned with state testing standards. Student garden journals, kitchen recipe demonstrations, family engagement, and Walk Across Texas teacher lesson plans all support classroom learning. Students also grow a garden, do food tastings, and help volunteers conduct recipe demos with fresh vegetables, and participate in Walk Across Texas.

Dinner Tonight



<http://dinnertonight.tamu.edu/>

Another AgriLife Extension program promoting healthy eating is the Dinner Tonight program. How many of you have heard of that program? In Dinner Tonight, participants learn how to prepare a quick, easy family meal using economical and healthy recipes- many recipes are for vegetable side dishes or incorporate vegetables into a main dish. Agents or trained volunteers conduct a recipe demonstration to illustrate “how to make” the recipe.

These two AgriLife Extension programs need trained volunteers to help with these valuable “vegetable demonstrations,” to help families gain confidence and basic skills that can increase their ability to have a Healthy Plate.

How can you improve fresh fruit and vegetable consumption?



How you can help improve fresh fruit and vegetable consumption by children and families?

You may already know everything that there is to know about preparing and eating fruits and vegetables - which is awesome. I hope that everyone leaves this workshop inspired to eat more fruits and vegetables because any lifestyle change to increase eating fruits and vegetables on a daily basis will be beneficial to you and your family. Now let's focus on what you can do to share what you know about fresh fruit and vegetable preparation with those who don't know how to select and prepare fresh produce for their families. It can be very rewarding to know that you have helped a family prepare food for a healthy meal. Eating fresh grown food tastes so good and is so good for you.

Multiple ways to prepare!

- Raw
- Roasting/Baking
- Grilling/Broiling
- Sautéing/Stir-frying
- Boiling
- Steaming
- Pan-steaming
- Microwaving
- Braising/Stewing



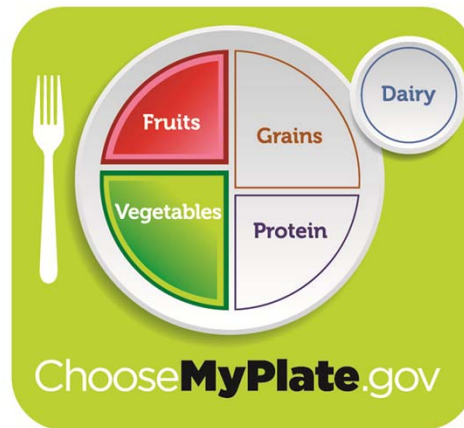
It's important to know that there are multiple ways to prepare fruits and vegetables. Here is a list of a few common ways we might prepare vegetables. Cooking methods along with seasonings can change the texture and flavor, so trying new ways may help people change their minds about whether or not they like a particular fruit or vegetable.

- Raw
- Roasting/Baking
- Grilling/Broiling
- Sautéing/Stir-frying
- Boiling
- Steaming
- Pan-steaming
- Microwaving
- Braising/Stewing

These pictures show 3 different ways you can prepare spinach – sautéed and added to a quesadilla, cooked in a soup, and raw in a salad. I bet you can think of other ways to prepare spinach. How do you like to eat spinach? (Give the audience time to respond)

What is the “best” way to prepare fruits and vegetables?

THE ONE YOU EAT IS THE MOST NUTRITIOUS



Many people wrongly believe that only fresh vegetables and fruits are nutritious. At the end of the day – the one you eat is the most nutritious. It matters less which form and how they are prepared.

In addition, according to MyPlate we need to “Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

Make Half Your Plate
Fruits & Vegetables



There are so many ways to eat **Fruits & Vegetables** every day.



Tomatoes, carrots, celery, and onions are key to this whole-grain **Spaghetti and Garlic Meat Sauce**, paired with broccolini florets. Finish with warm **Roasted Pears and Vanilla Cream**.



Flavorful herbed green beans and roasted potatoes round out this **Smoky Mustard-Honey Salmon**. For dessert, enjoy a fruit, granola, and yogurt parfait.



Pineapple, carrots, and tomatoes add tang to this **Sweet and Sour Pork**, served with a colorful salad. Finish with nonfat frozen yogurt.



Enjoy the crunchy juicy goodness of apples and grapes in this **Chicken Waldorf Salad**, served on mixed greens and topped with low-fat dressing. End your meal with **Blueberry-Lime Yogurt**.

Find these recipes and more ideas at ChooseMyPlate.gov




USDA Department of Agriculture
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Make half your plate fruits and vegetables. Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.”



The first thing to consider in preparing fresh produce is food safety.

Activity #2: How long is 20 seconds?

Ask participants to pretend they are scrubbing their hands with soap and water and do this for as long as they normally would. Time them and start to notice when most stop. Tell them we are going to do this again but for 20 seconds (the recommended amount of time to wash hands). Ask participants if 20 seconds feels like a long time?

From www.ChooseMyPlate.gov:

Wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

Sanitize Surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

Rinse Produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to

thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.”

Activity #3 Blue Potato

Ask participants if they’ve ever thought about how many steps fruits and vegetables go through before they get to their house? Think about a garden or farm. The vegetables are grown in the soil. Then we harvest them and bring them home to cook and eat. When we buy fruits and vegetables at the store, they go through the same steps but are also stored in warehouses and placed on trucks to take them to the store. There are many steps between the garden, where fruits and vegetables are grown, and our house. Along the way, there are many ways these fruits and vegetables get dirty!

Use the following discussion and steps to lead Blue Potato to help students learn how to make sure our food is safe to eat:

Because they can touch many things between the garden and your kitchen, the surface of the fruits and vegetables can sometime carry germs called bacteria. Have you ever eaten something that made you sick? Bacteria on foods can make you sick. Even fruits and vegetables can carry these bacteria. But, if we wash our fruits and vegetables, we can keep them safe to eat.

Here is a potato. I know everyone likes to eat potatoes! Let’s pretend that this paint is dirt and bacteria on the outside of the potato. (Paint potato blue)

Let’s pretend that we didn’t wash the potato, instead we just cut and ate it. (Slice painted potato) Now, take a look at the inside of the potato. What happened to the paint or dirt and bacteria? (Show inside of potato with paint) That’s right, now they are on the inside of the potato and we are going to eat the dirt and bacteria! This shows us why it is so important to wash fresh fruits and vegetables.

We should wash all of our fruits and vegetables just before eating or cooking them. To wash them, first start with clean hands! Wash your hands for 20 seconds with soap and warm water. Then, use clean, cool, running water to wash your fruits and vegetables. Unlike your hands, you should not use any type of soap to wash fruits and vegetables. Instead, just run cool, clean water over the fruits and vegetables.

Use your hands to rub soft fruits and vegetables like potatoes or bell peppers to help get them clean. You can place berries in a bowl and gently run water over them or use a kitchen sprayer to gently wash them. Firm fruits and vegetables like a cantaloupe or a potato should be scrubbed with a vegetable brush like this to remove dirt and bacteria. (Show vegetable brush)

Separate cutting board for fruits and vegetables and meats

Always use a clean cutting board for fresh produce and a separate one for raw seafood,

meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

How can we eat more fruits and veggies?



You have two handouts on tips for smart shopping for fruits and veggies and tips on making healthy food fun for kids!

Some of these tips include:

- Making dippers available for raw washed and sliced veggies. Low-fat dressings and hummus can be good dips for sliced celery sticks, pieces of broccoli or cauliflower, or baby carrots. Try peanut butter for sliced apples or bananas.
- Remember to use dips in moderation.
- Try separating individual servings sizes of pre-washed and sliced vegetables into baggies or reusable plastic containers the night before, so the next day they are easy to grab and take with you.

How can we eat more fruits and veggies?



Use fresh washed fruit blended in a blender to make smoothies for a breakfast on the go, or make frozen treats for a refreshing afternoon snack. Avoid adding extra sugar by choosing fruits that are ripe!

Check out the Dinner Tonight Features!

- Homemade Parmesan Kale Chips
- Nutty Apple Rings
- Spinach Quesadillas
- Vegetable Enchiladas



Show videos from Dinner Tonight or do a recipe demonstration if time permits.

<http://dinnertonight.tamu.edu/recipe/parmesan-kale-chips/>

<http://dinnertonight.tamu.edu/recipe/nutty-apple-rings/>

<http://dinnertonight.tamu.edu/2012/01/09/spinach-quesadillas/>

<http://dinnertonight.tamu.edu/2012/10/01/vegetable-enchiladas/>

Other Resources:

www.choosemyplate.gov

<http://www.fruitsandveggiesmorematters.org>



Excellent websites:

You can subscribe to daily emails from both of these websites for continuous education regarding eating more fruits and vegetables.

www.choosemyplate.gov (USDA ~ United States Department of Agriculture)

<http://www.fruitsandveggiesmorematters.org>

In conclusion, I hope that you are inspired to eat as many and various fruits and vegetables as you can every day. I hope that you are inspired to go and share this educational workshop with as many others as you can ~ to teach others what you know and what you have learned today.

Thanks and happy eating what you grow!

*****Complete Evaluation

FIGHT BAC!® LIKE A

producepro



As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

CHECK

fresh produce for signs of cuts or bruising, where harmful bacteria can breed



- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

CLEAN

hands, surfaces and utensils to prevent contamination



- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

RINSE

fresh fruits and veggies just before eating



- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

SEPARATE

produce from raw meat, seafood, poultry, eggs and household chemicals



- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

CHILL

cut fresh produce within two hours to prevent bacteria growth



- Keep your refrigerator at or below 40°F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

THROW AWAY

bruised, damaged or potentially cross-contaminated produce



- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

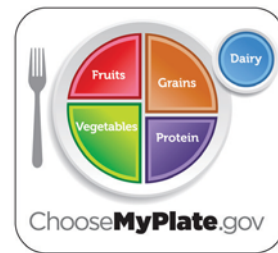
Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

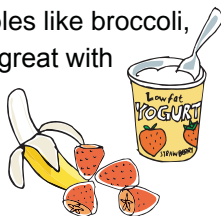
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

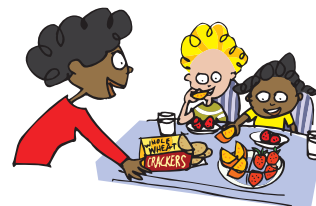


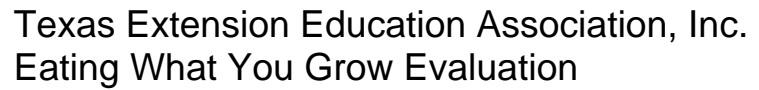
9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.





1. Regarding the overall program/teaching (rate your response by circling a number):

2. Regarding what you know and actions you plan to take (circle your response):

- 3. This lesson was delivered by a(n) (check only one):**

_____ TEEA Member. _____ Extension Agent/Specialist _____ Other Speaker.

4. Please tell us about yourself.

I am a _____ Woman. _____ Man.

I am in District: **1** **2** **3** **4** **5** **6** **7** **8** **9** **10** **11** **12**

I have been a member of TEEA for _____ years.

My age is _____ years-old.

5. Additional Comments.

Thank You For Completing This Form!