

TEACHING TOOL DOWNLOAD

June

10 EASY WAYS TO EAT MORE FRUITS & VEGGIES

1. **Shop in season at your local farmer's market**
2. **Try 1 new-to-you produce item each month**
3. **Add fruits/veggies to your smoothies.**
4. **Add veggies to breakfast.** Our Sweetpotato - is a favorite, or you could consider adding spinach, peppers, or onions to your eggs or omelet, or topping your oatmeal or yogurt with fresh, frozen or dried fruits.
5. **Buff up your sandwich** - Lettuce, tomatoes, sprouts
6. **Include more salads** - Salads provide a blank template for so many different options. Start with your favorite leafy greens (or try something new), and top with a protein source, some healthy fats, and a variety of in-season produce options.
7. **Make sweetpotato toast or use sweetpotatoes as a bun**
8. **Add fruits into dessert.** Some of our favorite options include Whole fruit popsicles and frozen yogurt with fruit are great options as well.
9. **Use snacks as a way to increase your fruits and veggies.** Precut fruits and veggies can be portable and perfect for snacks to bridge the gap between meals. Our favorites are the.
10. **Add veggies to your dips!** Our sweetpotato spicy hummus pairs well with so many foods, whether you're looking for a new way to top your sandwich or a dip for chips or crunchy veggies.

