

COOKING TIPS:

To save nutrients, serve vegetables raw or cooked in a very small amount of water or oil for a short period of time.

They'll Taste Better
Look Better
Crunch Better !

MOM . . . Try to use fresh vegetables — kids like them better than canned or frozen.

Let the kids help choose vegetables in the store & fix them at home.

Dark green & yellow vegetables have lots of nutrients like vitamins A & C — choose from the following every day:

Spinach	Cabbage
Broccoli	Greens
Carrots	Brussels Sprouts
Tomatoes	Yellow Squash
Asparagus	Yams
Peppers	Sweet Potatoes

BUT MOM . . .



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For the nearest WIC office, call toll free:
1-888-WIC-WORKS (1-888-942-9675).
Developed by the California WIC Program
California Department of Public Health



Arnold Schwarzenegger, Governor, State of California
Kimberly Belshé, Secretary, California Health and Human Services Agency
Mark B. Horton, MD MSPH, Director, California Department of Public Health

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I HATE VEGETABLES

Sound familiar ?

Here are a few ways to fix vegetables that may be more popular with your kids . . .

TOSS 'EM

In Salads
Soups
Stews

DIP 'EM

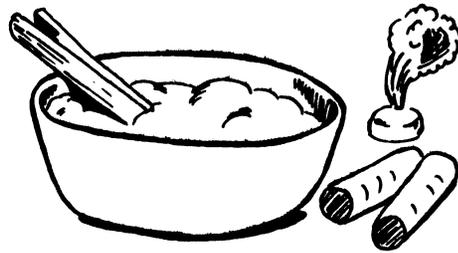
In Dips
Salad Dressings
Peanut Butter

COVER 'EM

With Cheese Sauce
Melted Cheese

ADD 'EM

To Eggs
Rice
Sandwiches
Pizza



HIDE 'EM

In Casseroles
Spaghetti Sauce
Meat Loaf

STUFF 'EM

With Meat
Tuna Salad
Egg Salad
Cottage Cheese

STIR-FRY 'EM

With Spices
Meats
Rice

