



I want to grow up
HEALTHY, so please
serve me more **FRUIT**
and **VEGETABLES**.

Help me discover many
kinds of fruit and vegetables
that I will learn to enjoy

Offer me colorful fruit and
vegetables at meals and snacks

Know that my body needs
the good things in vegetables
and fruit

Remember to set a good
example by eating a variety
of fruit and vegetables



Developed by the Contra Costa Child Care Council, with partial funding
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•California Department of Public Health



Check list:

- Make half of all meals and snacks fruit and vegetables
- Plan each week's menus to include a variety of fruit and vegetables
- Take the family to the Farmers' Market to taste and choose new fruit and vegetables
- Choose fresh, frozen, canned or dried fruit or vegetables with no added salt, sugar, or oils
- Go easy on 100% juice, limit serving to 4-6 ounces each day

**Be a good role
model, so your
children can learn
from you as you eat
together**