



September is National Fruits and Veggies Month

- Choose color, eat a rainbow
- Make half your plate fruits and veggies
- Have a fresh fruit bowl on the counter or tabletop
- Grab fruit as a snack
- Add vegetables to pizza, pasta, smoothies and soups
- All kinds count: fresh, canned, and frozen
- Put fruits and veggies on your shopping list
- Let the kids help shop for and cook new fruits and veggies
- Think healthy veggie preparation: bake, grill, roast, steam, stir-fry



*This institution is an equal opportunity provider.*



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