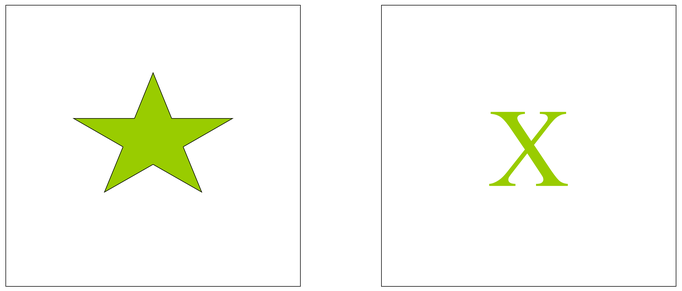
Vary Your Veggies!

Fresh, frozen, and canned vegetables all count towards daily vegetables. Choose types without added sugar, sauce, and salt.

Use more dark green (spinach, broccoli, kale) and orange (squash, sweet potatoes, carrots) vegetables.

Feature a veggie weekly. Prepare it several ways (baked, steamed, grilled).

<u>Activity</u>
Which prepared vegetable is the best choice?



Look in this pocket to find stories from families who made healthy changes!

Buying vegetables is possible on a budget. Buy fresh in season or watch for store deals on frozen and canned.

Look in this pocket to find handouts and recipes on vegetables!

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