

Fruits & Veggies: Eat a Rainbow!

We all know that eating fruits and vegetables keeps our bodies healthy. Yet, do we ever think about what role each color does to promote good health?

| Red | Orange | Green | Blue & Purple | White |
|---|---|--|---|--|
| <ul style="list-style-type: none"> • Heart health • Cancer protection | <ul style="list-style-type: none"> • Healthy immune system • Good vision • Clear skin • Bone health | <ul style="list-style-type: none"> • Good vision • Healthy skin • Cancer protection | <ul style="list-style-type: none"> • Improve memory • Heart health • Cancer protection | <ul style="list-style-type: none"> • Lower cholesterol • Lower blood pressure • Cancer protection • Heart health |

As child nutrition professionals, we are firm believers that when it comes to fruits and vegetables, students should eat a rainbow of colors! In fact, that's why our menus incorporate a wide-variety of fruits and vegetables in different forms: **fresh, frozen, canned, and dried.**

We're committed to serve vegetables from five "sub-groups" weekly - **red/orange, dark green, starchy, beans & peas, and other**, which includes veggies like cucumbers, green beans, and cauliflower. This helps guarantee your child eats a variety of different body-benefiting nutrients to support growth and learning, while boosting their immune system to keep them from getting sick.

Are you looking to eat more fruits and veggies at home? Try these easy ways to eat a rainbow every day!

- Buy time-saving produce like pre-washed salad greens and baby carrots to eliminate extra prep work.
- Add sliced cucumbers, tomato slices, and lettuce to a sandwich for more flavor and crunch.
- Keep fruits and vegetables visible! Store in clear storage containers in the fridge and place a bowl of fruit on your kitchen counter for easy grab and go snacking.
- Carrots, celery sticks, sweet peppers, and grape tomatoes make great snacks. Dip these in hummus for an extra serving of veggies!
- Stock up on dried fruit or canned fruits in juice for a handy snack that needs no refrigeration.
- Prepare main dishes that are easy to stretch with additional veggies. Think stir-fry, pizza, soups, omelets, or fajitas.
- Cut up apples and pears into slices and peel oranges into segments. They're often easier for your child to eat than whole fruit.

