Are You Eating 2 Cups of Fruit + 2 Cups of Veggies Every Day?

Here are some easy ways to add in fruits and veggies to your meals and snacks.

**Breakfast**
Add chopped peppers and onions to scrambled eggs and make a burrito.

**A.M. Snack**
Have your fruit and veggie snack at school.

**Lunch**
Don’t forget to visit the garden cart at school and get a side salad and fruit for dessert.

**P.M. Snack**
Add peanut butter or sunbutter to a whole apple for a quick and easy snack that will hold off your hunger until dinner.

**Dinner**
Add a side salad or mix in chopped veggies to your favorite pasta dish!

Here’s an easy and healthy recipe for you to make...

**Creamy Ranch Dip**
6 servings, 2 tablespoons each

**What you need:**
- ⅓ cup mayonnaise
- ½ cup nonfat plain yogurt
- ¼ teaspoon dill weed
- ½ teaspoon celery salt
- 3 cups of your favorite cut-up vegetables

**What to do:**
1. In a small bowl, stir together the mayonnaise, yogurt, dill, and celery salt. Blend until creamy.
2. Serve with baby carrots, celery sticks, cucumber slices, cherry tomatoes, or any other fresh veggies.