

Put a Little Fruit & Veggie in it!



Directions: Read the title in each box and fill in the spaces with different fruits and vegetables you would like to try.

Vegetables that are great to eat with hummus or low-fat dip	Fruits you can blend together to make a smoothie
1.	1.
2.	2.
3.	3.
Vegetables you can take with you	Fruits with a peel that you can eat
on the go	1.
1.	2.
2.	3.
3.	
Vegetables that you can put on pizza	Fruits you can add to your breakfast
1.	1.
2.	2

- 3.
- Vegetables that your family eats at holidays 1. 2. 3.
- Dried fruits you can eat for a snack
- 1.

3.

- 2.
- 3.



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