



November



Building Healthy Schools & Communities

Veggie - licious!

Whether fresh, frozen or canned, vegetables contain lots of vitamins and minerals that help to keep us healthy – such as Vitamin A, Vitamin C, potassium and fiber. Children and adults should eat between 1½ to 3 cups of vegetables each day. The number of cups varies depending on your age, gender and activity level. To find out how many cups of vegetables you and your child should eat each day, log onto www.mypyramid.gov. The following tips will help your family eat more vegetables:

- Add vegetables, such as broccoli, spinach, zucchini or peppers to everyday favorites like scramble eggs, macaroni and cheese or spaghetti
- Choose salsa over high-fat cheese or ranch dips
- When eating out, choose a side salad or baked potato over French fries
- Come home to a hearty and healthy beef stew! Add carrots, potatoes, onions and celery to a crock-pot with lean beef and low-sodium beef broth and let cook while you are at work
- Fresh veggies too costly during the winter months? Frozen and canned vegetables are just as nutritious as fresh vegetables, but for fractions of the cost. Remember to buy “no salt added” canned vegetables or rinse them with water to remove excess salt before using.

Different veggies contain different nutrients, so it is important to eat a variety of vegetables. Think about a rainbow the next time you eat vegetables and try to include a variety of colors. Try to eat vegetables from the following color groups:

- **Orange/Yellow** – carrots, yellow squash, peppers, corn, sweet potatoes
- **Purple/Blue** – Eggplant, onions, purple cabbage
- **Red** – sweet peppers, tomatoes, red beets, radishes
- **White** – cauliflower, onions, potatoes, turnips
- **Green** – spinach, broccoli, zucchini, peppers, green beans, cucumbers, lettuce



For more information and recipes, visit www.fruitsandveggiesmorematters.org

Give the Gift of Health. November kicks-off the holiday season, which also means many organizations will be collecting food donations for local food banks and shelters. This year, give the gift of health and donate healthy choices, such as low-sodium canned vegetables and soups, canned fruits packed in water or juice, brown rice or whole-grain pastas, canned tuna or salmon. And remember to check the expiration date on all food packages before donating!



Don't Forget to Be Active!

Thanksgiving is often a time of family, friends and food! But this year, don't forget to include activity in your festivities! Turn off the TV and take a family walk or play “follow the leader”. Looking for some friendly competition? Have a dance competition, play flag football, or a game of musical chairs.