

Having a hard time getting fruits and veggies?
Just remember to.....



Try Something New!

Help mom and dad pick out a different fruit or veggie when you go shopping.



All Forms Count!

Fresh, frozen, canned, dried and a small amount of 100% juice all matter.



Shop Smart!

Buy fresh produce in season. Buy fruits and veggies for snacks instead of junk food!



Take Time for Family!

Help your family with shopping and cooking. Choose a new fruit or veggie to try.



Explore the Variety!

With over 300 fruits and veggies to choose from try a new one every week.

For MORE information, go to www.fruitsandveggiesmorematters.org

