

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](http://www.fruitsandveggiesmorematters.org)

