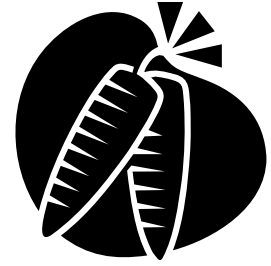




UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS

VEGETABLES



Dear Parent,

Today your child learned about vegetables. Vegetables are an important part of a healthful meal and snack. Be a good role model by eating vegetables and serving your child vegetables every day. If you have questions, contact your local Extension office:



- All vegetables are good for you – fresh, canned or frozen.
- Serve only one new vegetable at a time. Offer that vegetable different ways and several times to get your child to try it.
- Let your child choose vegetables when shopping with you.
- Keep pre-cut vegetables (carrots, celery, etc.) in the refrigerator for easy snacking and serve with low-fat dips like low-fat ranch dressing.

You and your child can have fun making this tasty salsa dip together:

Salsa Dip 8 servings

1 can (16 ounces) diced tomatoes
1 can (8 ounces) tomato sauce
1/4 cup finely chopped onion

1/4 cup finely chopped green pepper
1 teaspoon ground cumin

1. Put all ingredients in a bowl and mix.
2. Serve with tortilla chips. Refrigerate leftover dip.

NUTRITION FACTS (per serving) - Calories 25 ~ fat 0 g ~ calories from fat 0 ~ sodium 200 mg ~ total carbohydrate 5 g ~ fiber 1 g

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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.