



I want to grow up
HEALTHY, so please
serve me more **FRUIT**
and **VEGETABLES.**

Help me discover many
kinds of fruit and vegetables
that I will learn to enjoy

Offer me colorful fruit and
vegetables at meals and snacks

Know that my body needs
the good things in vegetables
and fruit

**Remember to set a good
example by eating a variety
of fruit and vegetables**



Contra Costa
Child Care Council
www.cocokids.org





Check list:

- Offer fruit and vegetables with all meals and most snacks
- Plan each week's menus to include a variety of fruit and vegetables
- Take the family to the Farmers' Market to taste and choose new fruit and vegetables
- Choose fresh, frozen, canned or dried fruit or vegetables and go easy on 100% juice
- Make half of each meal vegetables and fruit

Be a good role model, so your children can learn from you as you eat together