

# Cafeteria Connection

Connecting you to your  
child's school lunchroom



## FRUITS & VEGGIES: **Eat a Rainbow!**

We all know that eating fruits and vegetables keeps our bodies healthy. Each color plays a role in promoting good health, so it's important to eat a variety every day!

As child nutrition professionals, we are firm believers that when it comes to fruits and vegetables, students should eat a rainbow of colors! In fact, that's why our menus incorporate a wide-variety of fruits and vegetables in different forms: fresh, frozen, canned, and dried.

We're committed to serve vegetables from five "sub-groups" weekly - red/orange, dark green, starchy, beans & peas, and other, which includes veggies like cucumbers, green beans, and cauliflower. This helps guarantee your child eats a variety of different body-benefiting nutrients to support growth and learning, while boosting their immune system to keep them from getting sick.

### **Are you looking to eat more fruits and veggies at home?**

#### **TRY THESE EASY WAYS TO EAT A RAINBOW EVERY DAY!**

- 1** Buy time-saving produce like pre-washed salad greens and baby carrots to eliminate extra prep work.
- 2** Add sliced cucumbers, tomato slices, and lettuce to a sandwich for more flavor and crunch.
- 3** Keep fruits and vegetables visible! Store in clear storage containers in the fridge and place a bowl of fruit on your kitchen counter for easy grab and go snacking.
- 4** Carrots, celery sticks, sweet peppers, and grape tomatoes make great snacks. Dip these in hummus for an extra serving of veggies!
- 5** Stock up on dried fruit or canned fruits in juice for a handy snack that needs no refrigeration.
- 6** Prepare main dishes that are easy to stretch with additional veggies. Think stir-fry, pizza, soups, omelets, or fajitas.
- 7** Cut up apples and pears into slices and peel oranges into segments. They're often easier for your child to eat than whole fruit.