



A spoonful of news from The Nutrition Group,
your food service provider.

Why Vegetables Matter for Your Child's Health

Vegetables are one of the most important building blocks in a child's diet, and the benefits go far beyond just "eating your greens." They provide essential vitamins, minerals, and nutrients that help children grow, learn, and stay healthy.

FUEL FOR GROWTH & DEVELOPMENT

Kids' bodies are constantly growing, and vegetables supply the nutrients needed for this rapid development.

SUPPORT FOR ENERGY & LEARNING

Vegetables are a natural source of carbohydrates and fiber, which provide steady energy throughout the day. This helps children concentrate in class, stay active on the playground, and avoid the ups and downs that come from sugary snacks.

BUILDING HEALTHY HABITS EARLY

Introducing children to a wide variety of vegetables helps them develop an adventurous palate.

LONG-TERM BENEFITS

Children who regularly eat vegetables are more likely to maintain a healthy weight and reduce their risk of chronic diseases later in life such as heart disease, diabetes, and certain types of cancer.

Fresh fruits and vegetables are offered in your cafeteria daily!

Simple Ways to Add More Veggies

- Add veggies to familiar dishes like pasta sauces, quesadillas or smoothies
- Serve vegetables raw with a fun dip like hummus or yogurt
- Let kids help pick out vegetables at the store or farmer's market—they'll be more excited to try them
- Make veggies the star of the plate with fun presentations, such as veggie rainbow skewers.

Eating a rainbow of vegetables ensures kids receive a mix of health benefits, since each offers unique nutrients.

Vegetables don't just support physical health, they also help children feel energized, focused and ready to take on the day!