



COLOR is the Key to Healthy Kids

Together we can prevent diabetes!

Snack Ready!

Keep a bowl of fruit on the counter or in the fridge for kids to eat when they get home from school.

Wallet Friendly!

Buy fruits and veggies that are dried, frozen, canned (in water or juice) or fresh. Compare costs and choose budget-friendly options.

Mix it Up!

Vary your veggie choices to keep meals fun. Frozen veggies are quick microwavable dishes.

Fast & Easy!

Buy pre-cut and pre-washed packs of fruits and veggies for a healthy snack in seconds.

Schedule Ready!

Cut fruits and veggies when you have free time. Keep refrigerated and have ready for meals and snacks.

Help your child “Eat a Rainbow” of fruits and veggies.

| Produce | Cost | What can you buy for \$2 |
|----------------------|------------------|----------------------------|
| APPLES | \$1.15 per pound | 5 apples |
| TOMATOES | \$1 per pound | 6 tomatoes |
| ORANGES | \$0.68 each | 3 oranges |
| CARROTS | \$0.80 per pound | 22 carrots |
| BANANAS | \$0.49 per pound | 12 bananas |
| CAULIFLOWER | \$1.10 per pound | About 5 cups cauliflower |
| KIWIFRUIT | \$0.33 each | 6 kiwifruit |
| BROCCOLI | \$1.50 per bunch | About 5 cups broccoli |
| PURPLE GRAPES | \$1.86 per pound | About 6 cups purple grapes |
| EGGPLANT | \$1.74 per pound | 1 eggplant |

Table adapted from Iowa State University Extension handout: Fruit and Vegetables - Try for More; revised 9/09 - Information adapted from MyPlate and Fruit & Veggies More Matters. - Additional information can be found at: <http://www.ChooseMyPlate.gov> <http://www.FruitsAndVeggies.org>.



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