

Food for Thought

May 2026

Love Your Fruit & Veggies!

Fruit and vegetables are high in many important nutrients that help keep our bodies healthy. Many Americans don't get enough fruits and vegetables. Help your family get more fruit and vegetables every day.



- **Lead by example.** If your children see you enjoying a variety of fruits and vegetables, they will be more willing to try them too!
- **Encourage healthy choices.** Instead of asking “what do you want for a snack?” Ask “would you like an apple or a pear?” This still gives kids a choice.
- **Make fruits & veggies kid friendly.** Cut fruit & veggies into fun shapes. Broccoli “trees”, cauliflower “flowers”, orange “smiles”, bananas “wheels”, carrots “coins”.
- **Involve kids in the kitchen.** The more they help prepare and cook, the more they will want to try their creations.
- **Serve crisp raw veggies** with tasty dips like hummus, low-fat salad dressing or balsamic vinegar and cut-up fresh fruit and serve with a dip of flavored yogurt, yogurt with a splash of vanilla and cinnamon or peanut or almond butter.
- **Create a family tradition** where kids get to choose a new fruit or vegetable each week to try. Encourage them to research the fruit or vegetable of the week and find fun new recipes to try.
- **Show kids where their food comes from.** Take a family trip to local farms or farm stands and compare farm fresh to store bought veggies. Or celebrate the season with strawberry or huckleberry picking adventures.
- **Start a vegetable garden,** plant a pot of tomatoes, or a small windowsill garden of herbs. Kids love to follow the cycle from seed to plate and try foods they had a hand in growing.
- **Look for in season fruits & vegetables.** They are fresher, cheaper, nutritious and delicious!
- **Sauté or stir-fry veggies** in olive oil with garlic and low sodium soy sauce to make them irresistible to your children or put them in sauces and soups.
- **Have “Veggie Grab Bags” available.** Keep small plastic bags ready to go with baby carrots, cherry tomatoes, snow peas, red pepper chunks, or whatever is in season. Cut fruit such as apples, oranges, and bananas into slices instead of leaving them whole.



Studies show that it can take 10 to 15 offers for a child to come to like a new food, so if at first you don't succeed, try again!

Graham Cracker Treats

1 banana, peach, pear, or other soft fruit
4 graham crackers broken into 8 squares
1/3 cup peanut butter or sun butter



1. Wash hands and surfaces.
2. Rinse fruit under running water.
3. Cut fruit into thin slices.
4. Spread peanut butter or sun butter in a thin layer on each graham cracker square.
5. Top four of the squares with slices of fruit. Put another graham cracker square on top with the peanut butter side facing inside.

Colorful Veggie Pockets

1 cup small broccoli or cauliflower florets
1 green, red, or yellow bell pepper cut into ¼ inch strips
1/2 cup low-fat Italian dressing

2 carrots cut into ¼ inch slices
4 whole wheat pita pockets

1. Wash hands and surfaces.
2. Rinse vegetables under running water and slice as directed in ingredient list.
3. Cut each pita in half and add vegetables.
4. Top each pita with 2 tablespoons of dressing.
5. Refrigerate leftovers immediately.



Quick Black Bean & Corn Salsa

1 – 15 ounce can low sodium black beans
16-ounce jar of salsa

1 – 15 ounce can low sodium corn, drained

1. Wash hands and surfaces.
2. In a medium bowl, mix all ingredients.
3. Refrigerate leftovers immediately.



Eat Smart Idaho can help you learn how to eat well for less. For information on Eat Smart Idaho classes, contact the Eat Smart Idaho Administrator or Coordinator:

Shelly Johnson, MS, ESI Administrator
Email: sjohnson@uidaho.edu

Kali Gardiner, RD, LD, ESI Coordinator
Email: kalig@uidaho.edu

Phone: 208-292-2525
Website: www.eatsmartidaho.org



Sources: www.foodplay.com; <https://extension.missouri.edu/publications/nc1> retrieved 05/04/26

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