

Make the Season Bright with Fruits and Veggies!



Tips for Eating 5 Servings of Fruits and Vegetables Every Day

- Add vegetables to foods you already make such as pasta and soups
- Add fruit to breakfast - add to cereal, yogurt, or as a side
- Keep washed and chopped fruits and vegetables in your fridge
- Buy frozen or canned fruits and vegetables to eat year round
- Mix it up - try fruits and vegetables with dip or dressing

Healthy, Festive Ideas for Your Holiday Gathering

Strawberry and Banana Candy Canes

Arrange sliced strawberries and bananas in the shape of a candy cane.

Full Recipe Here: goo.gl/7KBVDG

Stuffed Red and Green Peppers

Fill red and green peppers with cream cheese for a healthy, colorful snack.

Full Recipe Here: goo.gl/UEbLaF

Resources:

<https://www.letsgo.org>

<https://www.gsfb.org/blog/2016/12/13/a-healthy-twist-on-holiday-favorites/>

<http://allrecipes.com/recipe/67363/holiday-peppers/>