

How to Eat More Fruits & Vegetables

- Add berries or sliced fruit to yogurt or oatmeal.
- Add spinach, peppers or mushrooms to scrambled eggs or omelets.
- Use fruit as a dessert!
- Add extra veggies to soups or stew.
- When eating at a restaurant substitute fries for a salad or fruit cup.
- Let your child pick a new fruit or vegetable to try.
- Have a meatless meal once a week like vegetable lasagna or grilled veggies.
- Keep fruit and veggies ready to eat for snacks.

Source: American Heart Assoc

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**Recipes for July,
August &
September 2023**



Strawberry Popsicles

2 lbs of fresh strawberries
washed and hulled
Popsicle molds



1. Cut 5-6 strawberries into thin slices and keep to decorate the molds
2. Cut the rest of the strawberries into halves or quarters and blend them until you have a puree.
3. Place the sliced strawberries in the popsicles molds on the edges and then pour the puree into the molds.
4. Cover and place in the freezer for 3-4 hours.

Source: Laylita.com

What is in season?

Summer fruits and veggies include:

berries, corn, cucumbers, eggplant, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini

Source: American Heart Assoc

10 Minute Veggie Pizza

1 medium tomato, red
1 medium bell pepper, orange
1 medium bell pepper, yellow
1 cup broccoli florets
1/2 medium red onion
4 hoagie type buns
1 1/2 cup pizza sauce
6 oz mozzarella cheese

1. Preheat oven to 400 degrees
2. Dice tomatoes, peppers, broccoli, & onion. Set aside.
3. Slice bread in half lengthwise and place on baking sheet.
4. Spread sauce on each half. Sprinkle with cheese and add veggies.
5. Bake for 10 minutes until cheese has melted.

Source: Super Healthy Kids