



add veggies

to your family favorites

Serve veggies at every lunch and dinner. Adding more vegetables is good for both your child and you!

Add 1/2 to 1 cup
of veggies to your
favorite dishspaghetti sauce,
lasagna, meatloaf,
meatballs,
casserole, noodle
or rice dish.

Puree, mash, chop or shred vegetables.

- Carrots
- Pumpkin
- Sweet potatoes
- Broccoli
- Spinach

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Serve veggies at every lunch and dinner. Adding more vegetables is good for both your child and you!

Add 1/2 to I cup of veggies to your favorite dish—spaghetti sauce, lasagna, meatloaf, meatballs, casserole, noodle or rice dish.

Puree, mash, chop or shred vegetables.

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