



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 dish—
spaghetti 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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