



Eat Smart ... Eat Local Fruits and Veggies

Eat Smart

Make Half Your Plate Fruits and Veggies – For a healthy plate choose fruits and veggies for meals and snacks. Fill half your plate with fruits and veggies to maintain a healthy weight and reduce the risk for disease.

Eat Local

Visit your local farmers' market to find 'fresh picked' fruits and veggies.

- Find your nearest farmers' market at:
<http://www.farmersmarketonline.com/fm/Colorado.htm>
- Many farmers' markets accept Electronic Benefit Transfer (EBT) cards for SNAP recipients. Check with the market manager at the information booth.

Choose a Rainbow of Locally Grown Produce

Enjoy a variety of fruits and veggies that are plentiful and affordable during the summer:

- Red/Orange: Peppers, tomatoes, carrots, apples, cherries, strawberries, raspberries, watermelon, cantaloupe, apricots
- Yellow: Corn, peppers, summer squash, peaches
- Green: Broccoli, green beans, green peppers, celery, cucumber, zucchini, lettuce, spinach, brussels sprouts, kale, collards
- Blue/Purple: Eggplant, plums, blueberries, blackberries
- White: Cauliflower, onions, mushrooms, peaches

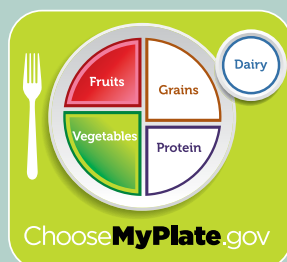
Ways to \$ave

- Buy locally grown produce.
- Choose fruits and vegetables that are in season.
- Buy produce whole and cut it up instead of buying it already cut and packaged.
- Sprinkle leftover bits of fruits and vegetables on cereal or salads or add to casseroles and other main dishes.



Be Active

Walking around a farmers' market is fun for all ages. Enjoy the sights and smells. Make your visit to the farmers' market a family affair! Look for active things to do. Every step counts toward physical activity which matters for your health. Join in the special events like music and activities for kids and families that keep you moving.



MyPlate is a simple and easy USDA resource to guide healthy food choices for breakfast, lunch, dinner and snacks. How does it work? MyPlate is an easy way to plan your meals. MyPlate indicates that half your plate should be **fruits** and **vegetables**, the other half should be grains and protein. Add dairy to make a nutritious meal!

Kids' Corner

- Sample new fruits and veggies with your kids at the farmers' market. Praise kids for trying "just a taste."
- Kids will more likely eat fruits and veggies they pick out and help prepare. Have fresh veggies cut up and ready-to-eat in the fridge or on the table for quick snacks.
- Teach kids to wash their fruits and veggies before eating.
- Offer kids fruit instead of fruit juice. Fruit has fiber which satisfies hunger better than juice.
- Be a role model for your children. Children learn by watching what their parents eat.

Zucchini Chips

Preparation time: 10 minutes

Cook time: 10-15 minutes

Makes: 4 (½ cup) servings

Ingredients

4 teaspoons grated

Parmesan cheese

¼ teaspoon salt

¼ cup Eating Smart

Seasoning Mix (see recipe to the right)

2-3 tablespoons milk

2½ cups sliced zucchini (⅛-inch-thick)

Cooking spray

Directions

1. Wash hands with warm water and soap.
2. Wash zucchini under running water. Set aside.
3. Preheat oven to 425°.
4. Spray a baking sheet with cooking spray. Set aside.
5. Combine Parmesan cheese, salt and Eating Smart Seasoning Mix in a small bowl.
6. Pour milk into a separate small bowl. Dip zucchini slices in milk, then roll in seasoning-cheese mixture.
7. Place coated zucchini slices on baking sheet.
8. Bake 10-15 minutes or until browned and lightly crisp. Serve immediately.



Farmers' Market Stir Fry

Preparation Time: 15 minutes

Cook Time: 7 minutes

Makes: 4 (½ cup) servings

Ingredients

4 cups mixed, raw veggies, cut into bite-size pieces (such as broccoli, bell peppers and carrots)
1 ½ small onion, chopped
1 tablespoon vegetable oil
2 tablespoons water
½ cup Eating Smart Seasoning Mix (see recipe below)

Directions

1. Wash hands with warm water and soap.
2. Wash all veggies (except onion) under running water before cutting.
3. Heat oil in a pan over medium heat.
4. Stir in onion and cook until limp (about 2-3 minutes).
5. Stir in other veggies. Add water and seasoning mix. Cook 2 to 4 minutes until veggies are tender.
6. Serve immediately.
7. Refrigerate leftovers.

Note: Eat smart – serve over whole grain pasta or brown rice for added fiber. Add drained and rinsed canned beans or leftover meat for added protein.



Eating Smart Seasoning Mix

Preparation time: 5 minutes

Makes: 2 ¾ cups

Ingredients

1 ¼ teaspoon black pepper
1 tablespoon garlic powder
2 tablespoons dried parsley flakes
¾ cup dried, minced onion
2 cups dry milk

Directions

1. Combine all ingredients.
2. Store in airtight container.

If you are interested in free lessons about nutrition, cooking and living a healthy life, please call 1-888-818-0063.

SNAP handout: "Shopping at Farmers' Markets," Colorado State University Fact Sheet No. 9.379, "Shopping at Colorado Farmers' Markets," CSU Extension: "Guide to Colorado Farmers' Markets," Washington State Department of Social Services: "Eating Well for Less," Colorado State University: "Eating Smart • Being Active" Cookbook, Colorado State University: "Eating Smart • Being Active" Curriculum, Colorado State University Extension: <http://www.ext.colostate.edu/>, Colorado Farmers' Market Association: www.coloradofarmer.org

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This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program-EFNEP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact (888) 818-0063.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers at (800) 536-5298.

