**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](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.

**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!

**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.
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 cup Eating Smart Seasoning Mix (see recipe to the right)  
2-3 tablespoons milk  
2½ cups sliced zucchini (½-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°.
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.

**Eating Smart Seasoning Mix**

Preparation time: 5 minutes  
Makes: 2 ¾ cups

**Ingredients**

1 ¼ teaspoon black pepper  
1 tablespoon garlic powder  
1 tablespoon onion powder  
½ cup Eating Smart Parmesan cheese (see recipe below)  
1 tablespoon vegetable oil  
2 tablespoons water  
½ cup Eating Smart Seasoning Mix (see recipe below)

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

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 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.
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.

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


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SNAP provides nutrition assistance to people with low income. It can help you buy healthy foods for a better diet. To find out more, contact USDA at (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, or call the State Information/Hotline Numbers at (800) 536-5298.

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