

Fruit and Vegetable Benefits

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Get the most from your Fruit and Vegetable Benefit!

Try something new!



- Take the kids along on your next shopping trip and walk through the produce section. Point out the many different fruits and vegetables and encourage your kids to each select something new to try. Kids are more likely to eat foods they pick out.
- Tired of iceberg lettuce? Load up your salad with a variety of greens; spinach and romaine are good choices. Then mix in some tomatoes, cucumbers, shredded carrots, peppers and top with avocado slices.
- Honeydew melon is sweet and fun to mix with other melons.
- Check out [Tips to Help Kids Enjoy Fruits and Veggies](#).
- Try a new recipe. On the My Minnesota WIC app, select the Nutrition Tab, then check out the Recipes and Food Tips section. Or use this link [WIC Fruits and Vegetables Recipes](#). Find more ideas here [MyPlate Recipes](#).

Store Fruits and Vegetables so they stay fresh.

- Learn about the nutrition, storage, and handling of a variety of [Fruits and Veggies](#)

Explore new ways to prepare fruits and veggies.

- Grilling adds flavor to fruits and veggies. Try grilling pineapple rings, asparagus, or multi-colored peppers. For grilling tips see [Gear up for the Grill](#).
- Roasting vegetables in the oven is easy. Cut up some fresh veggies, drizzle with oil, sprinkle on seasonings and it is ready to bake! For roasting instructions, see [Roasted Vegetables recipe](#).



Plenty of fresh produce right now? Stock up on frozen fruits and veggies.

- Frozen veggies are handy for quick meals. Just pour out the needed portion and return the remaining amount to the freezer. They work well in soups and casseroles.
- Add frozen berries to oatmeal and smoothies. Create your own [Smoothie](#).

Questions about finding WIC-allowed Fruits and Vegetables.

- All fresh fruits and vegetables are WIC-allowed. They should not be scanned with the app. There is a huge variety of fresh fruits and vegetables, too many to maintain in the app database. To learn more about WIC-allowed fruits and vegetables, see the [MN WIC Shopping Guide](#).
- Other questions? Check with your WIC staff.

Reference – Complete Listing of Hyperlinks

[Tips to Help Kids Enjoy Fruits and Veggies](https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate) (https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate)

[WIC Fruits and Vegetables Recipes](https://www.health.state.mn.us/people/wic/recipes/fv.html)

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[MyPlate Recipes](https://www.myplate.gov/myplate-kitchen/recipes) (https://www.myplate.gov/myplate-kitchen/recipes)

[Fruits and Veggies](https://fruitsandveggies.org/fruits-and-veggies/) (https://fruitsandveggies.org/fruits-and-veggies/)

[Gear Up for the Grill](https://fruitsandveggies.org/stories/iv-for-050311-jacqueline-gomes/) (https://fruitsandveggies.org/stories/iv-for-050311-jacqueline-gomes/)

[Roasted Vegetables recipe](https://www.health.state.mn.us/people/wic/recipes/fv.html#roasted)

(https://www.health.state.mn.us/people/wic/recipes/fv.html#roasted)

[Smoothie](https://www.health.state.mn.us/people/wic/recipes/beverages.html#smoothies) (https://www.health.state.mn.us/people/wic/recipes/beverages.html#smoothies)

[MN Shopping Guide](https://www.health.state.mn.us/docs/people/wic/vendor/fpchng/shopguide.pdf)

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