



PAINT YOUR PLATE: Every Meal and Snack Matters!



Veggies and fruit are good for you and your children. With a little planning and preparation, it's easy to add vegetables and fruit to breakfast, lunch, dinner, and snack time.

Try these ideas to Paint Your Plate every meal of the day.

Add them in:

- Top whole grain cereal with sliced bananas, kiwi, or fresh berries.
- Add fresh or frozen berries to pancake batter or top pancakes with sliced peaches.
- Stuff mini pita pockets with thin apples slices, romaine lettuce, and shredded cheese.
- Add grated apples, diced pears, or sliced grapes to jazz up coleslaw.
- Add blueberries, sliced strawberries, or mandarin oranges to green salads.
- Add salad sides—bean, coleslaw, or leafy green are great choices.

Save time:

- Add frozen or fresh chopped vegetables such as bell peppers, broccoli, spinach, mushrooms, or tomatoes to eggs and omelettes.
- Add fresh or frozen vegetables to spaghetti sauce, chili, lasagna, casseroles, or stews.
- Top baked beans with shredded lettuce, grated carrots, and grated cheese.
- Save time with salad-in-a-bag.
- Offer colourful fresh fruit in season, chopped the day before to save time.