



newsletter

Paint Your Plate at Dinner!

Dear Parents,

Vegetables and fruit are good for the whole family. With a little planning and preparation, it is easy to add vegetables and fruit to your dinner time meals.



Paint Your Plate at dinner:

- Aim to have at least half the dinner plate covered with vegetables.
- Serve low-sodium soup—tomato, vegetable, minestrone.
- Save time with salad-in-a-bag.
- Add salad sides—bean, coleslaw, or leafy green are great choices.
- Stir fry chopped onions, snap peas, broccoli, and cauliflower. Serve with brown rice, whole grain bulgur, or couscous. Add fruit such as pineapple, mango, or kiwi for a tasty twist.
- Get grilling! Use firm, ripe produce such as eggplant, leeks, zucchini, green and red peppers, mushrooms, squash, or corn on the cob. To prevent sticking, lightly baste with vegetable oil or a non-stick spray.
- Top your homemade pizza with zucchini or squash slices, mushrooms, onions, green or red pepper strips, marinated artichoke hearts, broccoli florets, shredded carrots, fresh tomato slices, chopped spinach, or even fruit, like pineapple.
- Add extra fresh or frozen veggies to your favourite spaghetti sauce, chili, lasagna, casserole, or stew.



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Paint Your Plate with vegetables and fruit!