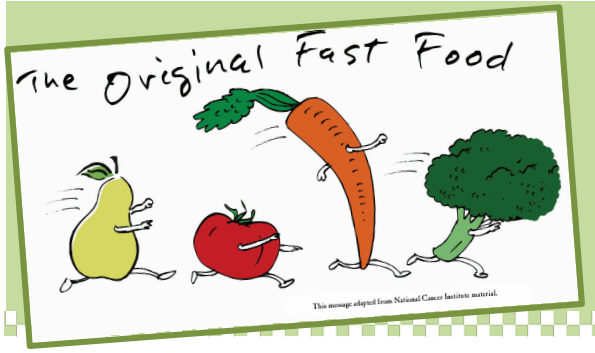

What Incredible Choices

Montana WIC Program
1-800-433-4298

Activity 3

SNEAKY PRODUCE SECRETS:

Easy ways to slip fruits and vegetables into meals

This individual – or small group activity – is designed to help WIC participants learn how to easily and successfully add more fresh fruits and vegetables to their family's daily intake.

WHAT YOU NEED

- **Handouts 5-A + 9-A**: ***Delicious Ways to Serve Leafy Greens*** and ***Putting Fruits and Vegetables on the Menu*** for each participant
- **Handouts, recipes, and other information** for WIC-eligible fresh fruits and vegetables that are in season or on sale at the time of the activity. Ex:

  Recipe 9-D: ***Oatmeal Blueberry Muffins***
- **Other materials** to reinforce simple, positive ways to slip fresh produce into meals and snacks. Ex:

  Children's book about fresh fruit snacks

WHAT TO DO

- **Start with introductions**. In a group, ask people to introduce themselves by first name. As an icebreaker, invite participant(s) to share a "sneaky" way that they serve fruits or vegetables.
- **Distribute materials**. Make sure everyone has a copy of the two handouts and any other materials you plan to use.
- **Explain the purpose**: *Our goal today is to share tips on putting more fresh produce onto our family's plates. I have a few suggestions to share. I'd also like to hear your ideas so that I can share them with others.*
- **Start the conversation**: Start with ***Putting Fruits and Vegetables on the Menu.*** Ask participant(s) to look at the handout and read one or two ideas from each of the categories (**Breakfast,** etc.):

  These are just a few of the many tasty ways to serve fresh produce. Let's start with breakfast. What are some successful ways that you have added fresh fruit – or even a vegetable – to breakfast at your home?
- *What great ideas! Here's a recipe for* ***Oatmeal Blueberry Muffins.*** *What are some other fruits or vegetables (*carrots or zucchini*) that can be added to muffins and breads)*
- **Keep the conversation going**: Continue discussion with **Lunch**, **Dinner**, and **Snacks** – reinforcing ideas with WIC materials.

  Let's talk about green vegetables for a minute, because those are often an issue with children. At our house, spinach became a favorite vegetable when I started serving it raw in salads (or any example on handout).
- **Thank everyone for coming**. Ask for questions or comments about the ***WIC Fruit and Vegetable Benefit*** before they leave.

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