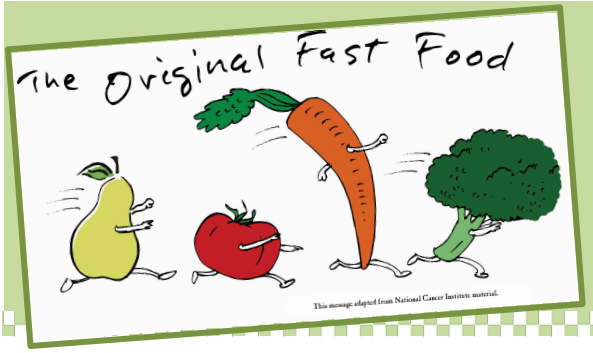

What Incredible Choices

Montana WIC Program
1-800-433-4298

Activity 5

MOM-to-MOM:

Exchanging recipes and tips for fresh fruits and vegetables

In this small group activity, WIC participants and staff share their personal recipes and tips for helping families with young children enjoy more fresh fruits and vegetables.

WHAT YOU NEED

- **Handouts 3-A + 11-A**: ***Easy Ways to Enjoy Cooking with Kids*** and ***Maximize Your Health with Fruits and Vegetables*** for each participant
- **Handouts and recipes**, depending on season and produce you want to highlight. Ex:

  Handout 7-D: ***Ten Terrific Tomato Tricks***

  Handout 8-D: ***Zesty Zucchini and Tomatoes***

  Handout 10-D: ***Kiwi Salad with Yogurt Dressing***

  Handout 11-D: ***Sweet Potatoes with Maple Syrup***

WHAT TO DO

- **Create an informal, casual atmosphere.** The goal is to have participants and staff share information as if they were around a kitchen table. Provide simple refreshments (water is fine) and a plate of fruits or vegetables. Give everyone a pen and paper.
- **Start with introductions**. Ask everyone to introduce themselves by first name. As an icebreaker, invite participants to share a quick tip for preparing a fresh, seasonal fruit or vegetable.
- **Invite staff to share first**. Have each staff member share a recipe or tip (one of their own or one from WIC. Concentrate on easy recipes for produce that is currently in season.
- **Invite participants to share their ideas.** Make copies of formal recipes for others, if appropriate.

  Invite each person to copy her recipe or tip for sharing at the WIC office (in a recipe box, in a binder, or on a bulletin board). Reinforce ideas that use fresh WIC-eligible fruits and vegetables with plenty of positive feedback.

  Gently move from recipes that might not be as appropriate.
- **Reinforce reasons for involving children to the process of planning and preparing fruits and vegetables.** Review five main concepts on ***Easy Ways to Enjoy Cooking with Kids***. Ask participants to share ways that they have involved children of various ages in preparing fruit and vegetable recipes.
- **Thank everyone for coming**. Ask for questions or comments about the ***WIC Fruit and Vegetable Benefit*** before they leave.

Brought to you by the Montana WIC Program
The WIC program is an equal opportunity provider and employer.

MONTANA
Department of Public Health & Human Services