

# Nutrition Messages

Use these messages for menus, social media, newsletters, etc.

- Fruits and vegetables can be a big part of your plate no matter the weather. Though there are still many fresh fruits and veggies that are available in the winter months, frozen, dried, canned, and 100% juice choices are great ways make fruits and vegetables part of every meal!
- The flavor and nutrition of canned and frozen foods is preserved because most are processed right after harvesting.
- Keep pantry staples like canned tomatoes and beans, frozen vegetables, and dried fruit around to make meal planning easier and more nutritious.
- Stay on budget by buying fruits and vegetable in-season and stocking up on canned and frozen.
- Frozen and canned veggies can help make meal preparation faster because the cutting and cooking is already done for you!
- Tip: Make fruits or vegetables the main attraction at the dinner table, and then add protein and grains.
- Did you know canned foods are nutritionally comparable to fresh and frozen foods?
- Watching the salt? Canned foods can still fit into your diet – many low and reduced sodium varieties are available and draining and rinsing can cut sodium by almost half!
- Don't let your meals suffer from the cold weather – just because fresh produce isn't available, doesn't mean fruits and veggies should go into hibernation.
- Don't let healthy eating go into hibernation. Eat fruits and veggies year round by buying canned, dried, and frozen when fresh isn't available.
- Colder temps outside may mean less fresh fruits and veggies, but there is just as much variety in canned, dried, and frozen foods.
- Veggies like Brussels sprouts, kale, collard greens, sweet potatoes, and butternut squash are members of the polar bear club and thrive in the winter.
- Fruits like clementines, kiwi, oranges, pear, and pomegranate are members of the polar bear club and thrive in the winter!
- Fall, winter, spring? Whatever the weather, these fruits and veggies like bananas, avocados, broccoli, carrots, and apples are in season year-round.

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## Resources to provide to teachers and parents:

Produce for Better Health "All Fruits & Veggies Matter" Activity Book for ages 6-9

[http://pbhfoundation.org/pdfs/pub\\_sec/All\\_Forms\\_Activity\\_Book\\_WEBPRINTING.pdf](http://pbhfoundation.org/pdfs/pub_sec/All_Forms_Activity_Book_WEBPRINTING.pdf)

Fruits and Veggies More Matter Coloring and Activity Pages for Kids

<http://www.fruitsandveggiesmorematters.org/get-kids-involved/coloring-activity-pages-for-kids>

Activity Sheet for SuperMarket or Homework: All Forms Count!

[http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/Take\\_your\\_child\\_supermarket/All\\_Forms\\_Count.pdf](http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/Take_your_child_supermarket/All_Forms_Count.pdf)