



Backpack Program

SNAP - Supplement Nutrition Assistance Program

Points for Parents

January 2013

Vegetable Subgroups:

• Dark Green

- Kale
- Collards
- Broccoli



• Beans & Peas

- Kidney Beans
- Black Eyed Peas
- Garbanzo Beans (chickpeas)



• Starchy Vegetables

- Corn
- Potatoes
- Plantains



• Red & Orange

- Carrots
- Tomatoes
- Butternut Squash



• Others

- Asparagus
- Eggplant
- Zucchini



Written by:
Asia Thurston
 Community Nutrition Educator
 1040 Mattlind Way
 Milford, Delaware
 302-393-2013

New Year New You!

Increase Your Vegetable Intake

WHY SHOULD YOU EAT MORE VEGETABLES, WHAT'S THE BENEFIT?

Vegetables have a high nutrient content. They are low in fat, cholesterol, and calories. Vegetables are filled with vitamins, minerals, fiber, and antioxidants that contribute to good health. Vegetables contain:

*Vitamin A for healthy eyes, skin, teeth, and gums.

*Vitamin C for wound healing, healthy gums, and immune system.

*Antioxidants for healthy cells & to prevent chronic diseases such as some types of cancer, stroke, and heart disease.

HOW MUCH IS NEEDED DAILY?

Children age 2-3: 1cup Children age 4-8: 1-1/2cups

Children age 9-13: 2-1/2cups

-Adults: 2-1/2cups

WHAT COUNTS AS A SERVING?

1 cup of cooked vegetable 2 cups of leafy green vegetables

1 cup (8 oz) of vegetable juice

TIPS TO HELP YOU EAT MORE VEGETABLES

1. Set a good example for children by eating vegetables with meals and as snacks.
2. Frozen and canned vegetables are convenient and are just as nutritious as fresh vegetables.
3. Cook fresh or frozen vegetables in the microwave to retain nutrients.
4. Cut up vegetables and pre-package them to use when time is limited.
5. Buy vegetables that are in season for maximum flavor at a LOWER COST.

Resource:

<http://www.choosemyplate.gov/food-groups/vegetables-tips.html>



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Kid's Corner



Ten Minute Minestrone Soup

Ingredients:

2 cups pasta (your choice, cooked)
4 cups chicken broth, low sodium
2 cloves garlic, minced
2 teaspoons Italian seasoning
1 cup vegetable juice, 100%, low sodium
1 cup diced tomatoes, canned, no salt
1 cup chickpeas, canned, drained
1-14.5oz. can sliced carrots, drained
1-14.5oz. can cut green beans, drained
1-13.25 oz. can mushrooms, drained

Instructions:

Bring the broth, garlic, Italian seasoning & vegetable juice to a boil in a large saucepan. Stir in cooked pasta. Add tomatoes, chickpeas, carrots, green beans, & mushrooms. Lower heat & simmer 4 to 5 minutes. Serve in bowls garnished with grated parmesan cheese.



VEGGIE SCRAMBLE VEGGIE SCRAMBLE

1. GRASPUSAA _____
2. TRACKHOIE _____
3. TEBE _____
4. CRIBCOOL _____
5. BAGCABE _____
6. STARORC _____
7. WOLFELICCAUR _____
8. REELCY _____
9. ROCN _____
10. LEGTAPNG _____

Answers: 1. asparagus 2. artichoke 3. beet 4. broccoli 5. cabbage 6. carrots 7. cauliflower 8. celery 9. corn 10. eggplant

Resource: www.5aday.com

Veggie Jokes

What did the lettuce say to the celery?
Stop stalking me!

Why is it not wise to tell secrets in a cornfield?
There are too many ears!

Resource: [http://healthymeals.nal.usda.gov/hsmrs/Fruits%20and%20Vegetables%](http://healthymeals.nal.usda.gov/hsmrs/Fruits%20and%20Vegetables%20)