



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

Getting Kids to Eat **MORE** Fruit & Veggies

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthy diet — are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

For more information

Child and Adult Nutrition Services
800 Governors Drive
Pierre, SD 57501-2235
Phone: (605) 773-3413
Fax: (605) 773-6846
doe.sd.gov/oess/cans/



Talking Up Fruits & Veggies

Everyone can:

- Offer a variety of fruits and vegetables.
- Promote fruits and vegetables by taste testing new items by giving small portions.
- Talk about the importance of eating fruits and vegetables.
- Have children record what fruits and vegetables they eat every day.
- Encourage and model eating fruits and vegetables as snacks.
- Always serve a fruit and a vegetable with lunch.
- Always serve a fruit with breakfast.
- Serve and display fruits and vegetables in an appetizing manner.

Schools can also:

- Create bulletin boards that illustrate the benefits of eating fruits and vegetables.
- Put articles about the importance of fruits and vegetables in the school newsletter, on the Web site, and with school menus.
- Decorate rooms and hallways with colorful posters promoting fruits and vegetables.

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