

Choose to Boost Veggies and Fruit

Have fun finding ways to be creative with vegetables and fruit. Try these tips:

Let your child create their own salad or pizza by choosing their own veggies and fruit toppings.

Create your own recipe together as a family. Plan nights where you have breakfast for dinner.

Build your own fruit and yogurt sundae bar.

Try a theme night and choose dishes that come from different parts of the world.

Explore the colours and flavours of vegetables and fruit.

