



Food Group Express

Second-grade nutrition education newsletter

Lesson **3**

Vegetables + variety = good health

Choosing an assortment of vegetables adds variety to your family's meals. Vegetables add a variety of flavors (sweet, bitter, spicy) and textures including soft and crunchy. And vegetables add color to your plate: purple, red, green, orange and yellow. Including vegetables helps reduce the risk of developing heart disease, diabetes and some cancers.

Vegetables can be prepared in more than one way, which makes them perfect for different meals. Take carrots: You can cut them into coins, matchsticks, leave them whole or shred them. Preparing butternut or other winter squash? Cut in half and roast, chop and add to a stew or stir-fry or cook and puree to add to smoothies, soups, or baked goods. Get the idea?

*Let your kids be
"produce pickers."
Help them pick
veggies at the store.*



Wash and rinse to be food safe

Remember to rinse fresh vegetables under running water before using them. Scrub firm-skin veggies with a vegetable brush while rinsing.

Recipes

Wonderful Winter Squash

Ingredients:

- 1 winter squash (butternut or acorn)
- 2 teaspoons low sodium soy sauce
- 1 tablespoon maple syrup or honey



Directions:

1. Wash hands and surfaces.
2. Peel squash, cut in half and remove seeds. Cut into one-inch cubes.
3. Place squash in large pot with ½ cup water. Add soy sauce and syrup or honey. Cover and simmer over medium heat until squash is tender, about 15 to 30 minutes. Serve and enjoy!
4. Refrigerate leftovers.

Source: MSU Extension Project Fresh

What can you do to help your child choose vegetables?

- Use fresh, local veggies. Go to seasonalandsimple.info or download the free Seasonal and Simple app to find out what vegetables are in season, locations of farmers markets, and great recipes.
- Help your kids pick veggies at the store, farmers market or pick-your-own farms. Pick different colored vegetables.
- Many farmers offer free samples at farmers markets; sample new vegetables with your child.
- They learn from watching you. Eat veggies and your child will, too.
- Children love to be involved in choosing food. Make the recipes in this newsletter together.

Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms-0>.

Summer Squash and Corn

Ingredients:

- 1½ tablespoons light olive oil
- 1 large red bell pepper, diced
- 2 medium summer squash, halved lengthwise and sliced ¼-inch thick
- 1 cup fresh corn kernels
- 2 medium tomatoes, diced
- Salt and pepper to taste



Recipe source: University of California Cooperative Extension Nutrition BEST and Food Security Project

Directions:

1. Wash hands and surfaces.
2. Heat olive oil in large skillet. Sauté bell peppers over medium heat for 2 minutes.
3. Add the squash and corn. Sauté until vegetables are tender and crisp.
4. Add tomatoes and sauté 1 minute. Season with salt and pepper to taste.
5. Refrigerate leftovers.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance