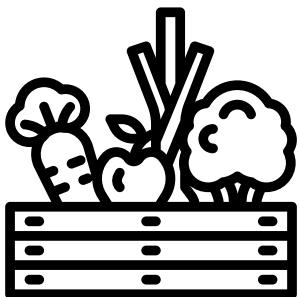


# SNACKING ON FRUITS & VEGETABLES



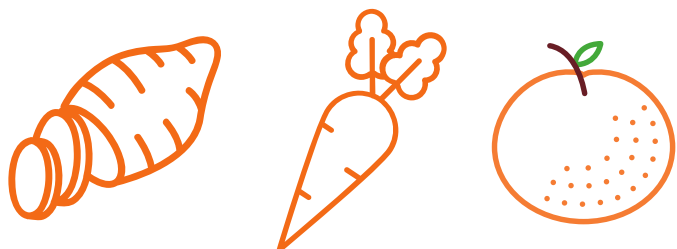
Eat the rainbow! Fruits and vegetables of certain colors provide different health benefits, so it's important to have a variety of colors. Get creative with how you add more fruits and vegetables to your day.



Credit to CATCH Kids Club: Snacking on Fruits and Vegetables

## NAME THESE FRUITS AND VEGETABLES THAT...

### ARE THE COLOR ORANGE



These are sources of Vitamin A, also know as beta-carotene. Almost sounds like the word carrot, right? This vitamin is good for your eyes and skin.

### YOU CAN ADD TO BREAKFAST



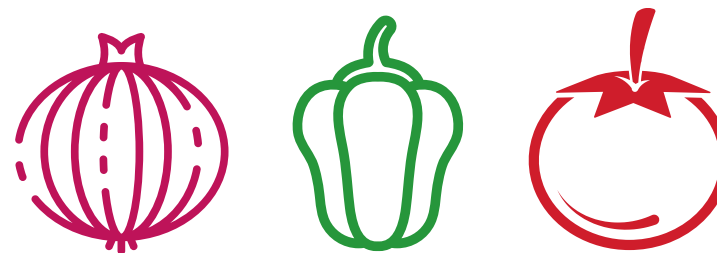
Fruits can add a natural sweetness to breakfast foods like pancakes and oatmeal. It'll also add extra nutrients like fiber to help you feel fuller longer.

### ARE DARK GREEN



These foods provide calcium, which help strengthen your bones! Add these to salads or soups.

### YOU CAN TOP ON A PIZZA



Add color and more nutrients to WHOA foods, like pizza, by topping them with more fruits and vegetables.

RECIPE

# Crunchy Vegetable Wraps

Makes 4 servings - for nutritional information, go to: [choosemyplate.gov/recipes](http://choosemyplate.gov/recipes)

### Ingredients

- |                               |                                |
|-------------------------------|--------------------------------|
| 2 tortillas, whole wheat      | 1/2 tomato, diced              |
| 4 Tbsp cream cheese, low-fat  | 1/4 cup of each vegetable:     |
| 1/2 Tbsp ranch seasoning mix  | broccoli, chopped              |
| 2 tablespoons chives, chopped | carrot, peeled & grated        |
| 1/8 cup bell pepper, diced    | zucchini, cut into strips      |
|                               | yellow squash, cut into strips |

### Directions

1. In a small bowl, stir ranch seasoning into cream cheese.
2. Spread cream cheese onto tortilla.
3. Sprinkle vegetables on top & roll tortilla tightly.
4. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Watch us make this recipe at [stlawrence.cce.cornell.edu](http://stlawrence.cce.cornell.edu)



Connect with us & find your local office at: [snapedny.org](http://snapedny.org)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more about SNAP benefits,

contact your local **NOEP Coordinator** at

**315-764-9442 ext. 405**



**Cornell Cooperative Extension  
St. Lawrence County**

This material was funded by USDA's Supplemental Nutrition Assistance Program -SNAP.  
This institution is an equal opportunity provider and employer.

# SNAP-ee!

Snacking on Fruits & Vegetables



Can you name one fruit or vegetable for each color of the rainbow?

**Red:** \_\_\_\_\_ **Orange:** \_\_\_\_\_

**Yellow:** \_\_\_\_\_ **Green:** \_\_\_\_\_

**Blue or Purple:** \_\_\_\_\_