

# Add Veggies to Your Plate!

## Veggies come in a lot of colors. Why is that important?

- Different colors = different nutrients.
- The darker the color the more nutrients the veggie has!

## Do you want to keep your kids healthy?

- They learn from watching you. Eat fruits and veggies and your kids will too.
- Let your kids be produce pickers. Help them pick fruits and veggies at the store.
- Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.
- When they come home hungry, have fruits and veggies ready to eat.
- Use frozen and canned veggies in addition to fresh
- Add cut veggies to pizza, omelets, or spaghetti sauce
- Add a mix of veggies to rice dishes, casseroles or burritos
- Make your own sweet potato or white potato fries
- Add extra colorful veggies to your salads and soups



**Eat veggies that are all the colors of the rainbow for all the health-giving and disease protecting help that veggies have to offer!**

**To save money, buy veggies that are grown near where you live when they are in season from a farmers market!**



**NJ SNAP - Ed**  
NJ Supplemental Nutrition Assistance Program-Education  
USDA, Food and Nutrition Service



To Apply for SNAP visit [www.njsnap.org](http://www.njsnap.org)





This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: [www.NJHelps.org](http://www.NJHelps.org); or to learn more go to [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp). If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689. USDA is an equal opportunity provider and employer.

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**RUTGERS**  
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Vegetable often cost less if you buy them at Farmers' Markets when they're in season. Find a Farmers' Market near you by visiting: <http://jerseyfresh.nj.gov/find/community.html>  
 Then go to [www.snaped4me.org](http://www.snaped4me.org) for some great recipes for in-season veggies!

 <b>Spring</b>	 <b>Summer</b>		 <b>Fall</b>		 <b>Winter</b>
<ul style="list-style-type: none"> <li>• Arugula</li> <li>• Asparagus</li> <li>• Collards</li> <li>• Fava Beans</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Peas</li> <li>• Radishes</li> <li>• Rhubarb</li> <li>• Scallions</li> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Arugula</li> <li>• Asparagus</li> <li>• Basil</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Broccoli Raab</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Collards</li> <li>• Corn</li> <li>• Cucumbers</li> <li>• Eggplant</li> <li>• Fava Beans</li> <li>• Green Beans</li> <li>• Kale</li> <li>• Leeks</li> <li>• Lettuce</li> <li>• Lima Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onions</li> <li>• Peas</li> <li>• Potatoes</li> <li>• Radishes</li> <li>• Rhubarb</li> <li>• Scallions</li> <li>• Snap Beans</li> <li>• Squash</li> <li>• Spinach</li> <li>• Sweet Corn</li> <li>• Tomatoes</li> <li>• Turnips</li> <li>• Winter Squash</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Arugula</li> <li>• Basil</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Broccoli Raab</li> <li>• Brussel Sprouts</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Collards</li> <li>• Cucumbers</li> <li>• Eggplant</li> <li>• Escarole</li> <li>• Green Beans</li> <li>• Kale</li> <li>• Leeks</li> <li>• Lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• Lima Beans</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onions</li> <li>• Peppers</li> <li>• Potatoes</li> <li>• Pumpkins</li> <li>• Radicchio</li> <li>• Radishes</li> <li>• Scallions</li> <li>• Snap Beans</li> <li>• Squash</li> <li>• Sweet Corn</li> <li>• Tomatoes</li> <li>• Turnips</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Beets</li> <li>• Brussels Sprouts</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Celery</li> <li>• Kale</li> <li>• Leeks</li> <li>• Onions</li> <li>• Parsnips</li> <li>• Potatoes</li> <li>• Pumpkins</li> <li>• Rutabagas</li> <li>• Sweet Potatoes</li> <li>• Turnips</li> <li>• Winter Squash</li> <li>• Yams</li> </ul>



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