

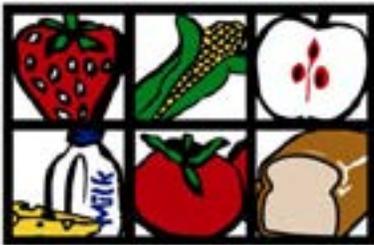
Fall 2014

EAT SMART NEW YORK!

Pack up Your Fruits and Vegetables



Eat Smart New York!



Eat Better For Less!

To Locate an Eat Smart New York Educator in your area visit our website:

<http://www.otda.ny.gov/programs/nutrition/contacts.asp>

Or Call:

1-800-343-8859

X 2-3008

Add fruits and vegetables to lunches that you pack for yourself and your kids! Here are some easy ideas for your meals-to-go:

Fill your sandwiches with vegetables! In addition to lettuce and tomato, try bell peppers, spinach, onions, cucumbers, mushrooms, shredded carrots, radishes, avocado, basil, mint and summer squash.

Take a salad for lunch! Leafy green salads stay fresh and crisp when you keep wet ingredients separate in a tightly sealed container (dressings, tomatoes and other vegetables with a lot of liquid, etc.)

Treat yourself to single-serve sweetness! Pack cut fruit in single-serve bags or containers and keep them in the fridge. Cut up watermelon, cantaloupe, honeydew, pineapple, and mango all last for a few days in the fridge.



Get Ready to Go!

Here are tips for preparing fruits and vegetables so you can be ready to go with snacks at a moment's notice.

Make your own salad bar! Vegetables that last well in a sealed container for a few days after chopping include carrots, broccoli, cauliflower, cabbage, green beans, radishes, bell peppers, summer squash, onions, celery or cucumbers. If pre-chopped vegetables get a little wilted, soak in cold water so they regain their crunch, or toss into a soup or stir-fry.

Wash and go! Greens can be washed in advance if they are dried well before stashing in the fridge. Fruits and vegetables with thick, sturdy skins can be washed ahead of time. Avoid washing delicate produce, such as strawberries, in advance— the water can make them mushy and moldy. Keep it colorful! Some fruits, like apples, pears and bananas, become discolored if they are cut in advance. You can either toss them with a little lemon juice to retain their fresh color, or wash and keep them whole until you are ready to enjoy.



Peanut Butter Yogurt Dip

This creamy dip goes great with carrots, celery, apples and pears!

Ingredients:

- 1/2 cup plain lowfat yogurt
- 1 teaspoon vanilla
- 1/3 cup natural peanut butter

Directions:

1. Combine all ingredients until mixed well.
2. Store any leftover in the refrigerator for up to 3 days.

Makes 6 servings

Nutrition facts (2 Tablespoons): 100 calories, 7 g fat (1.5 g saturated), 0 mg cholesterol, 80 mg sodium, 0g fiber, 4g protein, 0% Vitamin A, 0% Vitamin C, 4% calcium, 2% iron.



Add Some Fun to Fruits and Vegetables!



Set a rainbow goal! See if you can eat vegetables and fruits in every color of the rainbow in 1 week.



Top whole grain pancakes with fresh sliced fruit like bananas, berries, peaches and pineapple. Form the slices into a silly face for a cheery breakfast!



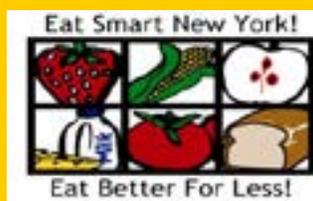
Blend fruit with low fat yogurt and freeze for homemade mini smoothie pops!

Eat Better for Less!



Cornell University
Cooperative Extension
Rockland County
10 Patriot Hills Drive
Stony Point, NY 10980
(845)429-7085
www.rocklandcce.org

Eat Smart
and
Be Active!



Cut fruits and vegetables into shapes with cookie cutters for fun treats! Don't throw away the scraps. Fruit pieces can be layered with yogurt and granola. Add vegetable bits into soup or salads.



Go for a dip! Try pairing plain fruits and vegetables with a low fat yogurt or cottage cheese for dipping.