

# Health Hints

## More Veggies Please!



Packing vegetables and fruit in school lunches is a good way to help kids get their 5-8 daily servings. What does a serving size look like? It is equal to 1 cup (250 ml) of leafy vegetables or ½ cup (125 ml) of chopped vegetables or fruits.

If veggie sticks are coming home uneaten, try these vegetable based meal ideas instead:

- Puree veggies into a soup for a delicious and nutritious hot meal.  
-try squash, carrot, broccoli and cheddar, or tomato soup.
- Send leftover pasta loaded with vegetables, or give homemade vegetarian pizza, baked yams or potato wedges a try.
- Try stuffing a pita pocket with left-over chicken and a favorite salad such as Greek, Caesar or coleslaw.
- Add grated carrots, diced celery and red pepper to tuna or egg salad sandwich filling.

Don't forget about baking with veggies. Muffins with zucchini, carrot or pumpkin make a nutritious snack!



More information for families and schools about **Live 5-2-1-0** is available at: <http://www.live5210.ca/> Click the “Resources & Tools” tab



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