



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

Get Kids to Eat More Fruits and Veggies

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts - as part of a healthy diet - are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.



For more information

Child and Adult Nutrition Services
800 Governors Drive
Pierre, SD 57501
Phone: (605) 773-3413
Fax: (605) 773-6846
doe.sd.gov/cans



Coordinated School Health
South Dakota Departments of Education and Health
healthyschools.sd.gov

Talking Up Fruits & Veggies

Everyone can:

- Offer a variety of fruits and vegetables.
- Promote fruits and vegetables by taste testing new items by giving small portions.
- Talk about the importance of eating fruits and vegetables.
- Have children record what fruits and vegetables they eat every day.
- Encourage and model eating fruits and vegetables as snacks.
- Always serve a fruit and a vegetable with lunch.
- Always serve a fruit with breakfast.
- Serve and display fruits and vegetables in an appetizing manner.

Schools can also:

- Create bulletin boards that illustrate the benefits of eating fruits and vegetables.
- Put article about the importance of fruits and vegetables in the school newsletter, on the Web site, and with school menus.
- Decorate rooms and hallways with colorful posters promoting fruits and vegetables.

This project has been funded in part with federal funds from the U.S. Department of Agriculture. This agency is an equal opportunity provider. 10,000 copies were printed on recycled paper by PrintComm at a price of \$.04 per piece, through Coordinated School Health funding from the Centers for Disease Control and Prevention.