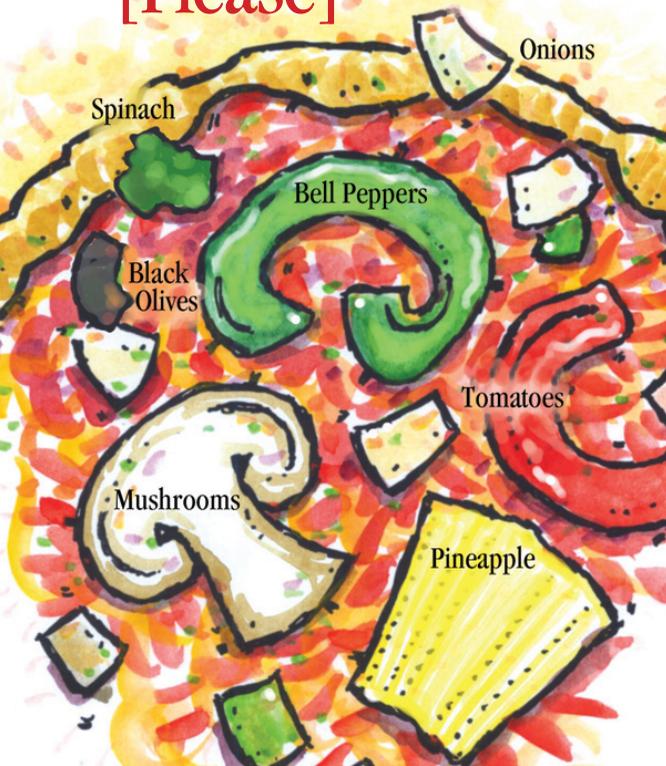


Pizza [Please]

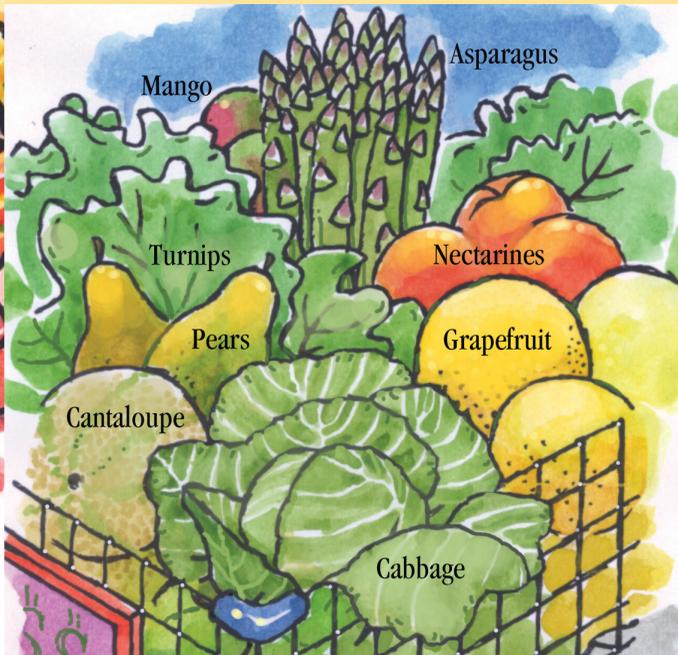
To eat more fruits and vegetables, add them to a favorite food.



Best Buys

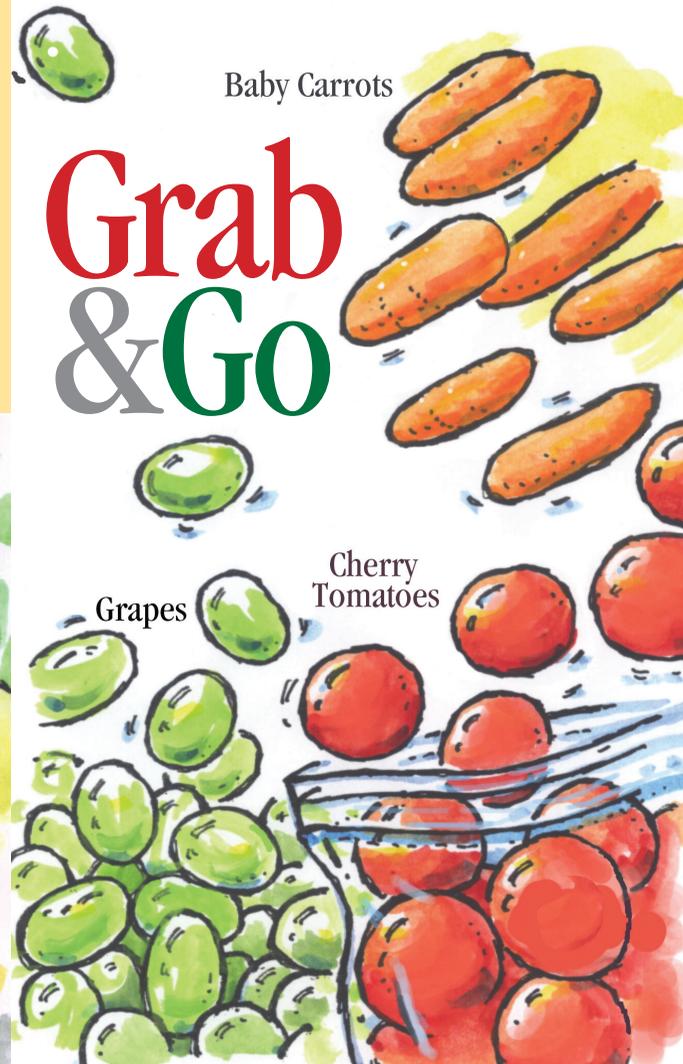
- Buy fruits and vegetables in season for the best flavor and nutritional value.
- Buy frozen fruits and vegetables in resealable bags, not boxes. Pour out only as much as you need.

Food stamps help people with little or no income buy food. To find out more, contact a county food stamp office or a county Extension office. This material was funded by these agencies, which are equal opportunity employers.



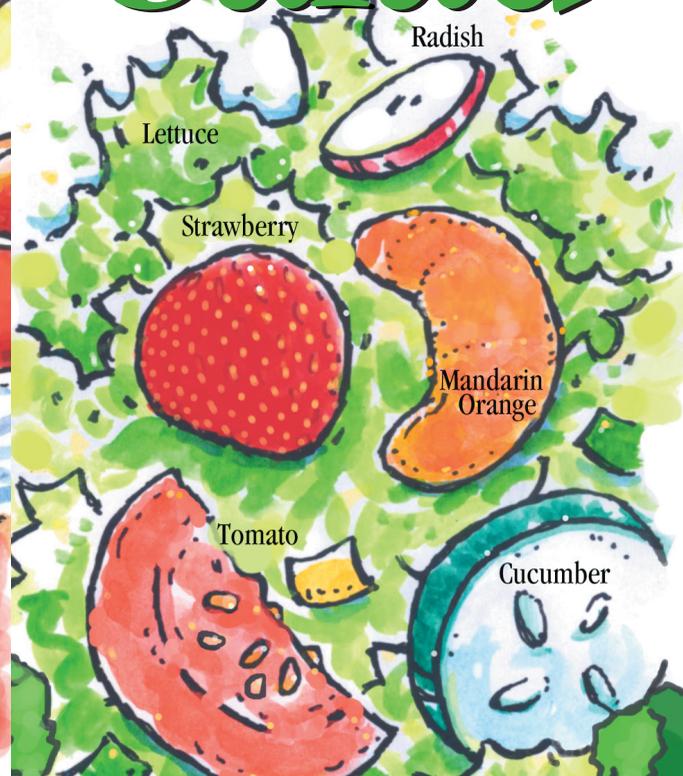
Baby Carrots

Grab & Go

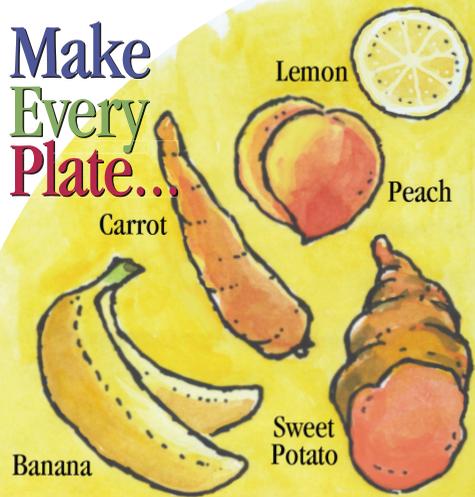


COLOR YOUR

Salad



Make Every Plate...



Lemon

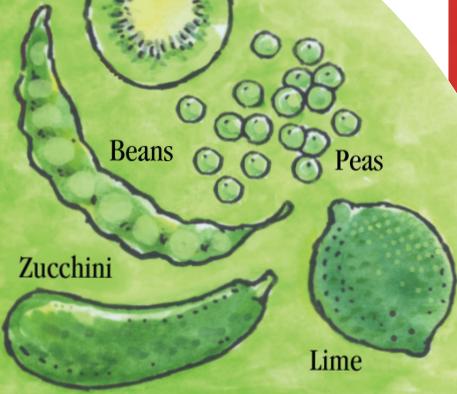
Peach

Carrot

Sweet Potato

Banana

Kiwi



Beans

Peas

Zucchini

Lime

An **apple** with a peel has more fiber than an apple without a peel.

Why did the man stare at the can of orange juice? Because it said, "Concentrate."

What vegetable do you get when an elephant walks through your garden? **Squash.**

Berries are berry, berry good for you.

How many **vegetables** have the word **green** in their name?

Plum crazy about fruits and vegetables.

...a **Rainbow**

How do you make a soup golden? Add 24 carrots.

Barbara Struempfer, *Extension Specialist*, Professor, Nutrition and Food Science, and **Sondra Parmer**, *Extension Associate*, Family Programs, both with Auburn University.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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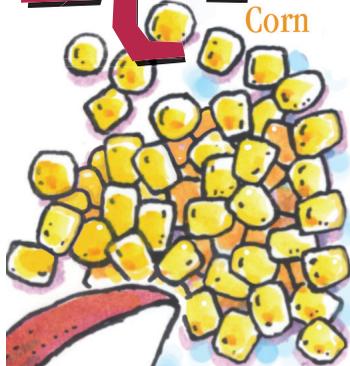
ALABAMA COOPERATIVE **Extension** SYSTEM

Your Experts for Life

Make Every Plate a Rainbow

Grapes

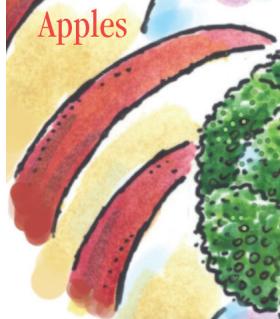
NEP-122



Corn

Alabama Cooperative Extension System

Eat lots of fruits and vegetables every day. Choose foods that make your plate a rainbow of colors. Here are ways to make fruits and veggies fun to eat.



Apples



Broccoli