HealthReach Community Health Centers

Make the Season Bright with Fruits and Veggies!











Tips for Eating 5 Servings of Fruits and Vegetables Every Day

- Add vegetables to foods you already make such as pasta and soups
- Add fruit to breakfast add to cereal, yogurt, or as a side
- Keep washed and chopped fruits and vegetables in your fridge
- Buy frozen or canned fruits and vegetables to eat year round
- Mix it up try fruits and vegetables with dip or dressing

Healthy, Festive Ideas for Your Holiday Gathering

Strawberry and Banana Candy Canes

Arrange sliced strawberries and bananas in the shape of a candy cane.

Full Recipe Here: goo.gl/7KBVDG

Stuffed Red and Green Peppers

Fill red and green peppers with cream cheese for a healthy, colorful snack.

Full Recipe Here: goo.gl/UEbLaF

Resources:

https://www.letsgo.org

https://www.gsfb.org/blog/2016/12/13/a-healthy-twist-on-holiday-favorites/http://allrecipes.com/recipe/67363/holiday-peppers/

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Developed by VISTA member McKenzie Gray serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Partnership from the Corporation for National and Community Service.