



What Incredible Choices

Montana WIC Program

1-800-433-4298

Activity 3

SNEAKY PRODUCE SECRETS:

Easy ways to slip fruits and vegetables into meals

This individual – or small group activity – is designed to help WIC participants learn how to easily and successfully add more fresh fruits and vegetables to their family’s daily intake.

WHAT YOU NEED

- **Handouts 5-A + 9-A:** *Delicious Ways to Serve Leafy Greens* and *Putting Fruits and Vegetables on the Menu* for each participant
- **Handouts, recipes, and other information** for WIC-eligible fresh fruits and vegetables that are in season or on sale at the time of the activity. Ex:
 - Recipe 9-D: *Oatmeal Blueberry Muffins*
- **Other materials** to reinforce simple, positive ways to slip fresh produce into meals and snacks. Ex:
 - Children’s book about fresh fruit snacks

WHAT TO DO

- **Start with introductions.** In a group, ask people to introduce themselves by first name. As an icebreaker, invite participant(s) to share a “sneaky” way that they serve fruits or vegetables.
- **Distribute materials.** Make sure everyone has a copy of the two handouts and any other materials you plan to use.
- **Explain the purpose:** *Our goal today is to share tips on putting more fresh produce onto our family’s plates. I have a few suggestions to share. I’d also like to hear your ideas so that I can share them with others.*
- **Start the conversation:** Start with *Putting Fruits and Vegetables on the Menu*. Ask participant(s) to look at the handout and read one or two ideas from each of the categories (**Breakfast**, etc.):
 - These are just a few of the many tasty ways to serve fresh produce. Let’s start with breakfast. What are some successful ways that you have added fresh fruit – or even a vegetable – to breakfast at your home?*
 - What great ideas! Here’s a recipe for **Oatmeal Blueberry Muffins**. What are some other fruits or vegetables (carrots or zucchini) that can be added to muffins and breads)*
- **Keep the conversation going:** Continue discussion with **Lunch**, **Dinner**, and **Snacks** – reinforcing ideas with WIC materials.
 - Let’s talk about green vegetables for a minute, because those are often an issue with children. At our house, spinach became a favorite vegetable when I started serving it raw in salads (or any example on handout).*
- **Thank everyone for coming.** Ask for questions or comments about the *WIC Fruit and Vegetable Benefit* before they leave.

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