

# CRISP FRUIT SALAD

Enjoy fall fruits in this quick and easy side dish or dessert!

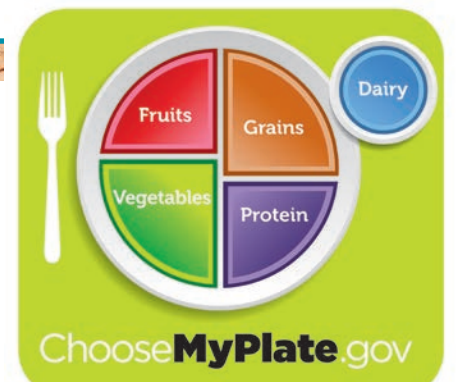
SPENDSMART  
EATSMART

## Cooking tips

- Try dried fruit such as cranberries instead of raisins.
- Be sure to cut fruit into small pieces (1/2 inch or less) for young children.
- For a main dish, add cooked chicken chunks or canned tuna or salmon.
- Look for apples and pears at your farmers' market in the fall.

## MyPlate meal idea

- Roast pork, chicken or turkey
- Green beans
- Brown rice
- Crisp fruit salad
- Low-fat milk



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Find this recipe at Iowa State University Extension's Spend Smart. Eat Smart. website:  
[www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings).

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# Easy ways to add veggies and fruit to meals.

*Which of these things do you already do?  
Which do you plan to try?*

\* Top pizza with vegetables such as broccoli, peppers and spinach.

\* Blend veggies such as carrots and zucchini into spaghetti sauce.

\* Add extra fresh, frozen or canned vegetables to soup.



\* Drain, rinse, and mash canned black beans, and add to ground meat to make your meat go further.

\* Add red cabbage, grated carrots and chopped apple to a salad.



\* Include fresh spinach, cucumber slices and pepper strips in sandwiches or wraps.

\* Add color to your plate with cherry tomatoes, orange wedges or kiwi fruit slices.

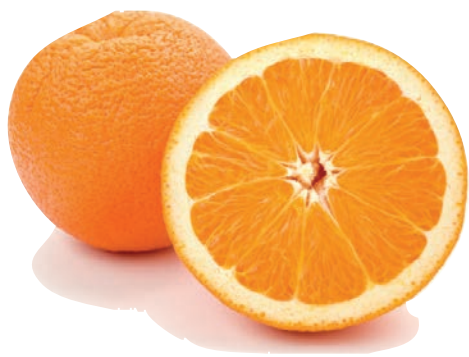




# Make meals and memories together.



Family meals have many benefits:



- Meals are a great time for families to bond and share their lives.
- Children who eat with their families are likely to eat more fruits, vegetables, and whole grains.
- Research shows that teens are less likely to smoke, drink, and use drugs when they eat with their families.
- Children learn about their family's values and culture.

