



JOIN *LUANNE HUGHES* AS SHE DISCUSSES  
Quick and Easy Ways for Families  
to Eat More Fruits & Vegetables



ON WEDNESDAY, AUGUST 26 AT 2PM

<https://go.rutgers.edu/nqagsk73>

**FCHS**  
Family & Community  
Health Sciences

**RUTGERS**  
New Jersey Agricultural  
Experiment Station

- This webinar will begin shortly
- All participants are in listen-only mode; videos are blocked

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WHEN YOU NEED **US**  
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QUICK & EASY WAYS FOR FAMILIES TO

# Eat More Fruits & Vegetables

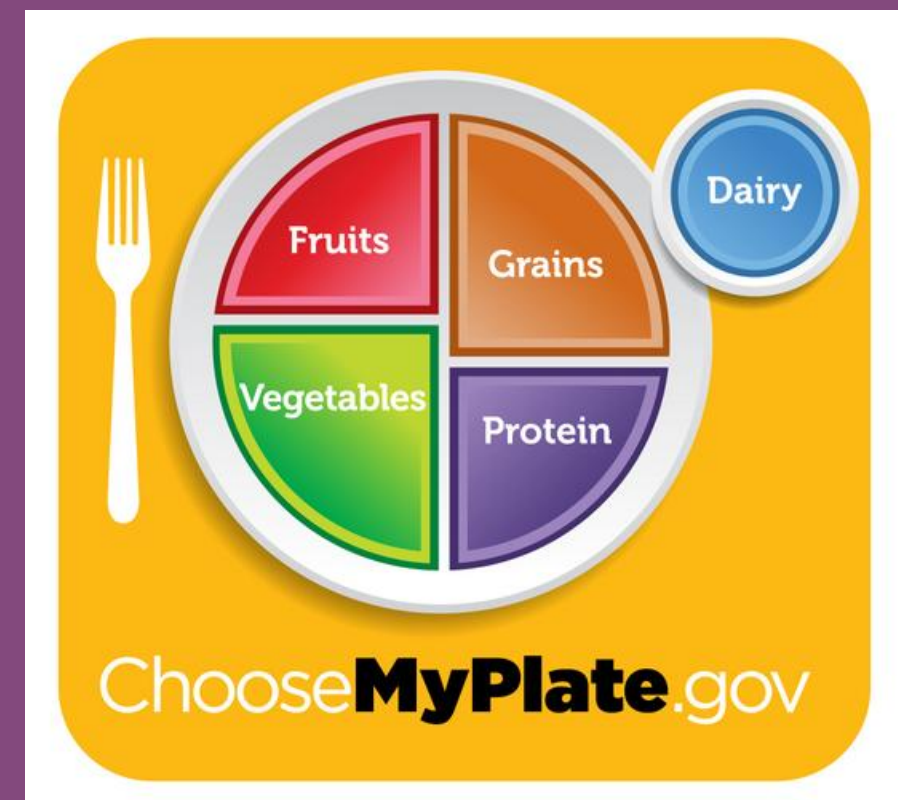
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# HOW MUCH...

In June 2011, the USDA introduced MyPlate as its new nutrition guide. Both MyPlate and the 2015 Dietary Guidelines for Americans promote integrating more balance into the American diet, while adding emphasis to eating more plant foods by making half of the food on American's plates fruits & vegetables.

Likewise, experts suggest that we eat 5–9 servings of fruits and vegetables every day.



# NOT ENOUGH...

Despite the consensus that Americans need to eat more fruits and vegetables, a 2013 study by the Centers for Disease Control (CDC), showed that only 13.1% of Americans surveyed actually do eat the recommended amount fruits and vegetables every day.



# BUT WHY?

## WHY AREN'T WE EATING ENOUGH?

- Many of us simply don't know how to put these health recommendations into practice.
- We're cooking less, eating out more, and are frequently eating on the run.
- What we need are the tools to make eating more fruits and vegetables quick, convenient, and easy.



**THE APPROACH:**  
**ADD FRUITS & VEGETABLES**  
**TO YOUR DAILY ROUTINE...**  
**QUICKLY & EASILY**

# **Shopping & Storage Strategies**

**Mealtime Tips**

**Give Prepared  
Foods a Boost**

**Snack Makeovers**







# SHOPPING & STORAGE STRATEGIES

Choose fresh produce that keep well for a week or more.

Wash fresh produce before you use it, rather than before you store it.

Look for produce that is locally grown ("Jersey Fresh").

Locally grown produce doesn't travel as long -- so it tastes better, fresher.

Shop with a friend in mind.

Share a bunch of celery or a melon. Split a bag of peppers or apples. Sharing gives you variety without the waste.

Buy frozen fruits and vegetables in bags, rather than boxes.

You can use as much or as little as you want.

Store unused portions of veggies in freezer bags or small containers.

Use them later in pasta or stir-fry dishes. Make a pasta salad.

Chop and slice fruits & vegetables ahead of time so they're handy for meal prep and snacks .

Onions, peppers, carrots, oranges, grapefruit, grapes, celery, tomatoes keep well.

# Which Fruits & Vegetables Last Longest?



## FRUITS

Apples

Citrus Fruits

Oranges

Grapefruit

Limes

Lemons

Dried Fruits

Cranberries

Raisins

Pomegranates



## LEAFY VEGETABLES

Brussels Sprouts

Cabbage

Kale



## ROOT VEGGIES

Beets

Carrots

Onions

Potatoes

Rutabaga

Sweet Potatoes & Yams



## OTHER FAVORITES

Broccoli

Cauliflower

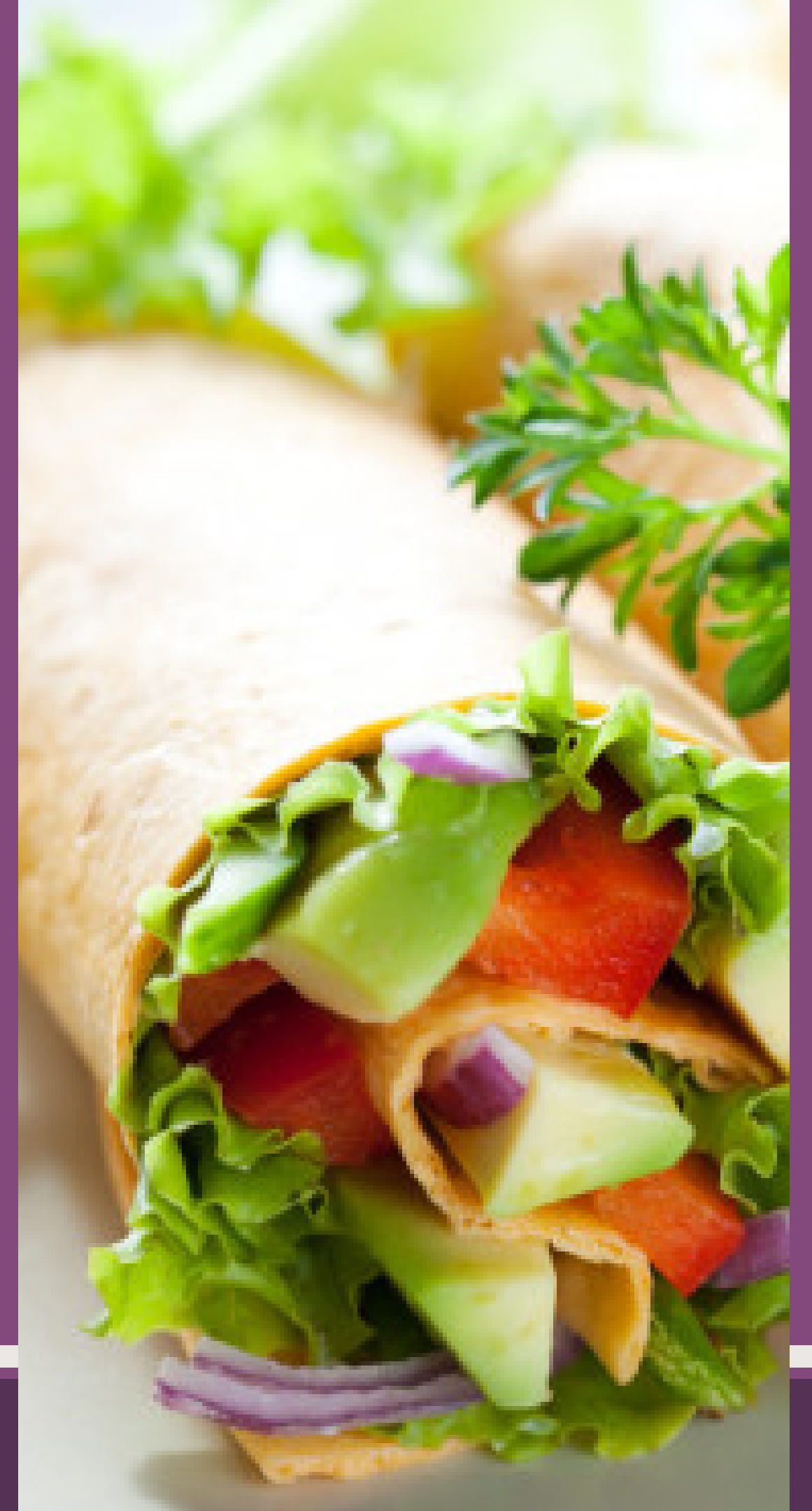
Celery

Peppers

Squash

# MEALTIME TIPS

- Stop by the salad bar at your local grocery store and make a nice salad with a variety of different fresh fruits and vegetables.
- Buy/use extra salad and roll it in a whole wheat tortilla for lunch or the following day's dinner. For extra flavor, add beans, chicken or shredded cheese.
- Add some greens to your burger. Thaw a box of frozen chopped spinach; squeeze out the water. Add to ground beef/turkey.
- Use starchy vegetables like potatoes as thickeners for soups, stews and gravies. Just puree and add it in.
- Pair cucumbers, carrots, and celery sticks with hummus or salad dressings, as a healthy snack.
- Incorporate frozen berries or shredded carrots/zucchini to bakery items and breads you prepare at home.





# GIVE PREPARED FOODS A BOOST

Enhance jarred pasta sauce with veggies & serve over whole wheat pasta.

Lightly sauté fresh vegetables like broccoli, onions, mushrooms, peppers, carrots, and eggplant.

Perk-up takeout, supermarket, or frozen pizza.

Add pineapple, tomatoes, mushrooms, peppers, broccoli, onions, or other favorite vegetable.

Partner your pizza.

Pair pizza with a salad or steamed vegetables for a wholesome, healthy meal.

They say waffles are just pancakes with abs. 😂

Top frozen whole-grain waffles with peanut butter, and fresh or frozen fruit.

Fast, easy Mexican cuisine

Warm canned pinto beans or fat-free/reduced-fat refried beans in the microwave. Add low-fat cheese, vegetables, and salsa, and roll mixture in a whole wheat tortilla.

Take a bagged salad to the next level.

Add dried fruit (raisins, dried cranberries or cherries work well), chopped walnuts, and celery to prepackaged salad. Top with reduced-fat dressing or balsamic vinegar and olive oil.



# MORE IDEAS FOR PREPARED FOODS...

Create your own special soup.

Add chopped vegetables or beans to tomato, lentil, bean, chicken, or other favorite soup.

Pair your fruit cup.

Pair a fruit cup from the convenience store or market with low-fat cheese and crackers, yogurt, or cottage cheese for an on-the-go snack or meal.

Build a better smoothie.

In a blender, combine yogurt, ice, milk, and your favorite fruit and vegetable (berries, bananas, pineapples, mangoes, or peaches; avocados, kale, or spinach) to create a tasty smoothie.

Grill-up your vegetables for a delicious side.

Add vegetables—such as onions, peppers, mushrooms, squash, jicama, or tomatoes—to chicken or beef skewers when grilling for added color and flavor.

A tip from "Budget Bytes" -- for those teens who love their ramen.

Browse your fridge for any vegetable that might need to be used up, like carrots, bell peppers, mushrooms, cabbage, and more. You can also toss in frozen vegetables, like broccoli florets, peas, or corn.

# SNACK MAKEOVERS

- Shred vegetables like carrots or zucchini and make yummy grilled fritters.
- Trail Mix: Fruits and nuts together make an energizing duo. Make your own trail mix with the nuts you have on hand and your favourite dried fruit.
- Apple slices + cheese cubes = Yummy fruit & delicious protein snack
- Oatmeal topped with cinnamon and peaches or apples
- Slide fruit on a skewer to create a brand new snack! For an even more satisfying snack try alternating the fruit with cheese cubes or energy balls.
- Chia Pudding with Fruit: Have you used chia seeds? These little grains absorb liquid and become jelly. When you add pureed fruits you get the texture of jam which goes great with creamy yogurt.
- Hummus or Avocado Dip: Dip veggies into store- or homemade hummus. Or, mash some ripe avocado with diced tomatoes and some lemon or lime juice for a creamy dip, perfect for dipping veggies. (It's great on toast too.)



**"FAMILY FOODIE"**

**TIP #1**

**SLICE THE FRUIT...  
AND THEY WILL COME**



# "FAMILY FOODIE"

## TIP #2

**THINK OUTSIDE THE  
BOX...**

**...AND DON'T FEAR THE  
BAG**





# "FAMILY FOODIE"

## TIP #3

**LET THE KIDS COOK...  
YA NEVER KNOW  
WHAT WILL  
HAPPEN.**



# "FAMILY FOODIE"

## TIP #4

**A LITTLE ADVANCED  
PREP GOES A  
LOOOOOOOOOOONG  
WAY.**





# "FAMILY FOODIE"

## TIP #5

**BE A LITTLE FANCY  
&  
EMBRACE  
CONVENIENCE AT THE  
SAME TIME.**



# "FAMILY FOODIE"

## TIP #6

**A LITTLE OLIVE OIL &  
SOME VEGGIES CAN  
MAKE A DELICIOUS  
MEAL...STOVE TOP...**



**"FAMILY FOODIE"**

**TIP #7**

**...OR ROASTED IN THE  
OVEN.**



# "FAMILY FOODIE"

## TIP #8

**I'M TELLING YA...  
SIMPLE IS BETTER.**

**AND FRESH, IN-  
SEASON ISN'T SO BAD  
EITHER.**



**"FAMILY FOODIE"**

**TIP #9**

**I MEAN IT...  
SIMPLE IS REALLY  
BETTER.**

**AND IN-SEASON  
"ROCKS."**





# "FAMILY FOODIE"

## TIP #10

### TRY GROWING SOMETHING YOURSELF



## A FEW TASTY LINKS...

**Budget Bytes (Ramen):** <https://www.budgetbytes.com/6-ways-to-upgrade-instant-ramen/>

ROASTED BRUSSELS SPROUTS:

[HTTPS://JULIASALBUM.COM/WPRM\\_PRINT/9097](https://juliasalbum.com/wprm_print/9097)

FCHS Gloucester County "Family Foodie" Video Recipes on Facebook:

[https://www.facebook.com/FCHSGloucesterCounty/publishing\\_tools/?section=VIDEOS&sort\[0\]=created\\_time\\_descending](https://www.facebook.com/FCHSGloucesterCounty/publishing_tools/?section=VIDEOS&sort[0]=created_time_descending)

CHIA PUDDING WITH FRUIT:

[HTTPS://WWW.HALFYOURPLATE.CA/RECIPE/WATERMELON-CHIA-PARFAITS/](https://www.halfyourplate.ca/recipe/watermelon-chia-parfaits/)



## A FEW MORE TASTY LINKS...

**Quick and Easy Ways to Eat More Fruits & Vegetables:**

**<https://njaes.rutgers.edu/fs1079/>**

RUTGERS HOME GARDENING INITIATIVE:

[HTTPS://NJAES.RUTGERS.EDU/HOME-LAWN-GARDEN/](https://njaes.rutgers.edu/home-lawn-garden/)

**Build a Better Smoothie: <https://njaes.rutgers.edu/fs1245/>**

FCHS Cooking Videos on Vimeo: <https://vimeo.com/getmovinggethealthynj>

FCHS Cooking Videos on You Tube:

<https://www.youtube.com/c/FCHSdepartmentRCE/videos>

FRUIT SKEWERS WITH ENERGY BALLS:

[HTTPS://WWW.HALFYOURPLATE.CA/FRUIT-AND-ENERGY-BALL-SKEWERS/](https://www.halfyourplate.ca/fruit-and-energy-ball-skewers/)



# Equal Opportunity Demographics Questions

**This information will be used  
to ensure our extension  
programming is reaching a  
diverse audience.  
Your assistance is greatly  
appreciated  
and will help us with future  
planning.**

**RUTGERS**  
New Jersey Agricultural  
Experiment Station

DATE \_\_\_\_\_  
TITLE OF PROGRAM \_\_\_\_\_

**Equal Opportunity Demographic Questions**

Please provide the following demographic information about yourself. This information will be used to ensure our extension programming is reaching a diverse audience. You are not required to complete this information; however, if you choose not to answer a question, please select "Prefer not to respond" for that question. Your assistance is greatly appreciated and will help us with future planning.

1. Please indicate your race. (Choose only one answer.)

- American Indian / Alaska Native
- Asian
- Black or African American
- Native Hawaiian and Other Pacific Islander
- White
- Two or more races
- Some other race
- Prefer not to respond

2. Are you Spanish, Hispanic, or Latino or some of these? (Choose only one answer.)

- Yes
- Not Hispanic or Latino
- Prefer not to respond

3. Please indicate your gender. (Choose only one answer.)

- Female
- Male
- Prefer not to respond

4. Please indicate your age. (Choose only one answer.)

- 17 - younger
- 18-24
- 25-34
- 35-44
- 45 and over
- Prefer not to respond

5. Please indicate the county where you live. (Choose only one answer.)

- Atlantic
- Bergen
- Burlington
- Camden
- Cape May
- Cumberland
- Essex
- Gloucester
- Hudson
- Mercer
- Middlesex
- Monmouth
- Morris
- Ocean
- Passaic
- Salem
- Sussex
- Warren
- Don't know, but the county is in NJ
- Not a New Jersey resident

**FCHS**  
Family & Community  
Health Sciences

**FCHS...Promoting Healthy Families, School, & Communities**

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JOIN JOANNE KINSEY AS SHE DISCUSSES

# Cooking Basics and Kitchen Hacks

ON WEDNESDAY SEPTEMBER 2 AT 2PM

<https://go.rutgers.edu/uv3a0kvm>



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WELLNESS  
WEDNESDAYS  
*with fchs*

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