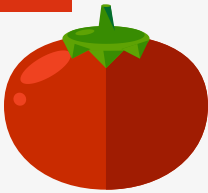


# Veggies: How to Eat More!

Only 9.3% of US adults meet the US Dietary Guideline for vegetable intake, according to the CDC. That means over 90% of people aren't eating enough vegetables! One study showed that shopping more often for fruits and veggies can help you eat more. Here are three buying strategies to ensure you have great tasting options on hand.

## Seasonal



### Choose seasonal produce

By choosing what is in season you will keep your choices varied and get better tasting produce at a lower cost. Consider buying three ways: side dishes, salads, and snacks.

## Frozen



### Consider frozen veggies

By keeping frozen veggies on hand you will be assured of having a stable supply of veggies even when you run out of fresh ones. Plus nutrients are locked in after harvesting. Take the time to experiment with what you and your family like to eat. Peas and carrots or broccoli are always a good start.

## Canned



### Canned

Some vegetables, like corn, beans, beets, and tomatoes, lend themselves well to canning. Canned vegetables can be heated quickly and have a long shelf life. Experiment to find favorites and watch for store sales.

## 10 Tips to use veggies that are easy and delicious:

1. Keep carrot and celery sticks, pepper strips, and cherry tomatoes on hand for quick grab snacks with hummus or Greek yogurt dip.
2. Toss baby spinach leaves into your next salad or add to leftover pasta, rice, or other dishes before reheating.
3. Use frozen mixed vegetables or chopped spinach in soup, stew, or as a side dish.
4. Add chopped onions and peppers to eggs, grain bowls, or stir-fries.
5. Use canned beans and tomatoes in beans, soups, or tacos.
6. Brush carrots, kale, or Brussels sprouts with olive oil and a dash of seasoned salt and roast for 20 minutes at 400 degrees.
7. Sautee frozen green beans or broccoli with ginger, garlic, and soy sauce for a simple stir fry.
8. Add mushrooms or spinach to pasta and other grain dishes.
9. Grill asparagus, peppers, and onions.
10. Try shaved Brussels sprouts, finely chopped kale, and broccoli slaw in a poppyseed dressing with chopped almonds and dried cranberries. It's delightful!