

“Adding fruits and vegetables doesn’t have to take a lot of time.”



Breakfast Boost

Always have fruit on hand to add to kids’ cereal in the morning. Or to make a quick smoothie before they leave for school. Bananas, berries, and peaches are favorites.

Snack Time

For a quick snack at school, wrap a few baby carrots or raisins and put them in your kids’ backpacks. After school, make them a tortilla with a little melted cheese and salsa on top.

Cook It Fast On Busy Nights

Pull together a fast family meal with quick soups or sandwiches.

Susan C.

Working mom
Two kids, ages 4 and 7



For more mom-tested tips and recipes, visit www.CaChampionsForChange.net

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