

MEAL / SNACK CARDS

Cut these cards out and earn Switch Points every time you use one of the meal/snack ideas.



3 NUTTY FRUIT

INGREDIENTS:

- 1 banana
- 1 apple
- 1/2 cup raisins or dried cranberries
- 1/2 cup peanut or almond butter
- 1 tsp. honey or maple syrup
- 3 Tbsp. plain or vanilla yogurt
- 1 tsp. cinnamon

DIRECTIONS:

1. Slice banana and apple into bite size pieces.
2. Mix sliced fruit with dried fruit and set aside.
3. In a separate bowl, warm peanut butter and honey for 10-20 seconds in the microwave.
4. Mix with yogurt and cinnamon until smooth.
5. Pour the mixture over the fruit and stir until fruit is covered.
6. Serve as a snack, lunch, or dessert.

2 CRUNCHY FRUIT SALAD

INGREDIENTS:

- Mixed fruit of your choice
Examples: melon, grapes, berries, mango, plums, nectarines, apples, bananas, pears, pineapple

Topping:

- 1/4 cup flour
- 1/3 cup brown sugar
- 3/4 cup oats
- 1 Tbsp. vanilla
- 1 tsp. cinnamon
- 3 Tbsp. butter, margarine, or peanut butter

DIRECTIONS:

1. Wash all fruit, and chop into bite-size pieces.
2. Mix together flour, sugar, oats, vanilla, and cinnamon.
3. Place butter, margarine, or peanut butter in frying pan over medium heat until melted.
4. Place mixture in pan and fry over medium heat for 6-8 minutes or until browned, stirring frequently.
5. Sprinkle topping over individual bowls before serving.
6. Enjoy as an after school snack or dessert.

ALSO TRY:

Raisins, dried apples, or dried cranberries.
Tastes great with yogurt as well!

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3 VEGGIE STYLE BURRITOS

INGREDIENTS:

- 4 flour tortillas
- 1 Tbsp. vegetable oil
- 1/2 cup chopped onion
- 1/2 cup chopped broccoli
- 1/2 cup shredded carrots
- 1/2 cup chopped bell peppers (any color)
- Pinch of salt
- Pinch of pepper
- 1 can refried beans (or ground beef or chicken)
- 1 chopped tomato
- 1 cup chopped lettuce
- Salsa and sour cream, to taste

DIRECTIONS:

1. Heat oil in frying pan and add onion, broccoli, carrots, and bell pepper.
2. Add salt and pepper, and cook veggies until onions are translucent.
3. Remove veggies from heat and set aside.
4. Warm beans (or cook meat) in microwave or on stove top.
5. Warm tortillas in microwave or saute in frying pan.
6. Spread a layer of beans (or meat) on about 3/4 of the tortilla, add veggie mixture, chopped tomato, and lettuce.
7. Roll up to create burrito.
8. Top with salsa and sour cream.

2 VEGGIE SOUP

INGREDIENTS:

- 1 Tbsp. olive oil or vegetable oil
- 1/2 onion, diced
- 5 cups vegetable or chicken stock
- 2 cups water
- 1 Tbsp. salt (or to taste)
- 2 tsp. pepper
- 2 tsp. parsley
- 2 tsp. sage
- 2 bay leaves
- 2 carrots, sliced or diced
- 2 celery stalks, chopped
- 1-2 medium-sized potatoes, diced
- 3/4 cup green beans
- 1 cup frozen peas (optional)
- 1 cup frozen corn (optional)
- 1/2 lb dry dry pasta (stars, letters, or spirals are fun!)

DIRECTIONS:

1. Wash and prepare all vegetables and set aside.
2. In a large pot, cook diced onions in oil until they are translucent.
3. Add stock, water, salt, and spices, and bring to a rolling boil.
4. Add carrots, celery, and potatoes, lower heat, and continue to simmer for 20 minutes.
5. Add other vegetables and simmer for 10 minutes.
6. Add pasta and simmer for 5-7 minutes, or to desired tenderness.

ALSO TRY:

Add browned ground beef, chicken, or white beans for extra protein!

2 TOMATO CUCUMBER SALAD

INGREDIENTS:

- 1 cucumber
- 2 medium tomatoes
- 1/2 cup green onions (optional)
- 2 Tbsp. lemon juice
- 2 tsp. salt
- 1 tsp. pepper

DIRECTIONS:

1. Peel and slice cucumber, and slice tomatoes and green onions.
2. In large bowl, mix together cucumber, tomatoes, and green onions.
3. Mix in lemon juice, salt, and pepper.
4. Let salad sit for 10-15 minutes for flavors to blend. Serve chilled.

1 PARTY PUNCH

INGREDIENTS:

- 5 cups of 100% orange juice
- 2 cups of 100% pineapple juice
- 1/2 cup lime juice
- 1 can tonic water
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 firm banana, sliced
- 1 orange, peeled, segmented, and cut in half

DIRECTIONS:

1. Mix all ingredients in a punch bowl or pitcher and serve!
2. Make sure to serve with a spoon to get the fruit treats at the bottom!

1 ADD-A-SERVING: QUICK VEGGIE TIPS 1

Give yourself 1 SWITCH POINT
for each tip you use.

BREAKFAST Make carrot or zucchini muffins.

LUNCH Dip sliced carrots, cucumbers, broccoli, cauliflower or cherry tomatoes in ranch dressing.

SNACK Add peanut butter to celery or carrot sticks. Top with raisins, dried cranberries, or coconut to get a serving of fruit as well!

DINNER Add fresh, frozen or canned diced carrots, zucchini, red or green peppers, potatoes, broccoli, or other veggies to soups and chili. If you cut them small enough you won't even know they are in there!



- Don't be afraid to try new foods.
- Replace food rewards with an activity together.
- Choose lettuce that is darker green for greater nutrition.

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- Set up a family schedule for meals and snack times.
- Help kids determine when they are full, and encourage them to stop eating when they feel full.
- 100% fruit and vegetable juice is a great way to reach your goal!

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1 ADD-A-SERVING: QUICK FRUIT TIPS 1

Give yourself 1 SWITCH POINT
for each tip you use.

BREAKFAST One glass (6 ounces or 3/4 cup) of 100% fruit juice is one serving of fruit.

LUNCH Include finely chopped dried or fresh fruit (cranberries, raisins, dates, apples, pears or grapes) in tuna or chicken salad.

SNACK Make an easy fruit salad using fresh, frozen, or canned fruit. Make it fun by thinning yogurt with skim milk or 100% juice to use as a dressing.

DINNER Add pineapple to pizza, or use it in a marinade with ham, pork, chicken or fish.



- Make menu planning a weekly family activity.
- Parents: you are in control of the foods you bring into your house for your kids to eat.
- Eating foods rich in Vitamin C, like peppers, can help lessen the effects of asthma.

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- Be adventurous – try a new fruit or vegetable that is on sale.
- Make a "house rule" that everyone needs to taste everything prepared at each meal.
- One serving of leafy greens is bigger than a fist, and a serving of dried fruit is smaller.

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