Food should always be cut to avoid a choking hazard.

*How to determine if a product is “whole grain”: make sure the words “whole grain” or “whole wheat” appear as the first item on the ingredient list.

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**VEGGIE SNACK IDEAS**

**Reverse it.** Does your kid love to dip things, but won’t eat veggies?
- Make the dip the veggie instead. Try seasoned pureed beans, lentils, carrots, or peas.
- Make a pesto with dark leafy greens such as arugula or spinach, or bake eggplant until soft and creamy. Then dunk whole wheat crackers, pita, or pretzels.

**Toss a little in.** Slip a veggie into the snacks they already favor:
- Add a handful of spinach or kale to a smoothie.
- Slip cucumber slices onto cheese and crackers.
- Make a savory trail mix with sun-dried tomatoes or roasted chick peas and their favorite unsweetened whole grain cereal.

**Rethink raw.** Vegetables taste different depending on how they are prepared.
- Consider roasting to bring out sweetness, puréeing into a velvety cup of soup, lightly steaming for color and crunch, or grilling for extra flavor.

**Finger-friendly, without the fuss.** Bored by baby carrots, even though you love their size and convenience? Try these easy mini veggies, already ready to go.
- In the fresh produce aisle: baby zucchini, grape tomatoes, spicy radishes, sugar snap peas, pattypan squash and edamame.
- In the dry goods section: canned organic baby corn, pickled green beans, olives, dried seaweed snacks, marinated artichoke hearts and jars of roasted red peppers.