

Online Resources for Parents/Guardians From Produce for Better Health Foundation



Fruits & Veggies--More Matters Website

There are many simple ways to add more fruits and veggies to everyday meals and snacks. Find a wide variety of tips at the [Fruits & Veggies—More Matters](#) website. Here is a small sampling of the kinds of materials and resources you will find there:

[About the Buzz](#) ~ These weekly articles provide timely and accurate information about fruit and veggie “rumors.”



Help in the fight against childhood obesity! Through [Team Classroom](#), you can donate education materials to your child’s school and help students understand why it is important to eat fruits and vegetables every day. It’s quick and easy. Choose a particular class or grade in a school or the entire school. Select from a variety of fruit and vegetable nutrition education materials. PBH will process the orders and send the materials directly to the school.



[America's More Matters Pledge](#) ~ Find ways to fill half your plate with fruits and veggies. Check out **the Pledge Toolkit** and pledge buttons.



[Ask the Expert](#) ~ Dr. Elizabeth Pivonka, a mother of two and a registered dietitian, shares years of experience in getting people to eat more fruits and veggies. Dr. Pivonka answers frequently asked questions from parents, such as, “Are my kids eating the right things?” and “How can I prepare acorn squash?”



[Consumer Columns](#) ~ These articles highlight the nutrition benefits of individual commodities and include an approved Fruits & Veggies—More Matters recipe for each one.

[Cooking](#) ~ Ideas abound in this section of the Fruits & Veggies—More Matters website which focuses on how to cook healthy with fruits and vegetables.

[Fruits & Vegetables On A Budget](#) ~ A great resource for meal planning, shopping, storage, preparation, and cooking tips to help consumers get the most for their money when buying fruits and veggies.

[Fruit & Veggie Happenings in Your Local Community](#) ~View this searchable database to learn more about fruit and veggie activities and events going on in your local community.

[Fruit & Veggie Voice](#) ~ Sign up for our biweekly, consumer-friendly newsletter that is jam-packed with easy, practical ways to pack healthier eating into everyday meals. This free e-newsletter offers the latest information on fruit and vegetable nutrition and the best ways to shop for and prepare tasty foods that include fruits and vegetables.

[Fruit & Vegetable Video Center](#) ~ This popular site has 300 videos featuring Michael Marks, Your Produce Man, demonstrating tips on how to select, store, and prepare fruits and veggies for healthy eating.



[Insider's Viewpoint](#) ~ Find lots of expert supermarket advice about fruits and veggies.

[Meal Planning and Shopping](#) ~ This consumer-oriented resource has plenty of tips and ideas designed to save time, money, and energy.

[PBH Nutrition Education Catalog](#) ~ Discover resources that you can use to teach children about fruits and veggies at home or when you are helping out in the classroom. In the catalog, you'll find inexpensive brochures, like The Fruits & Veggies—More Matters Guide to Good T.A.S.T.E. . . . for Kids, and the Fruit & Veggie Tracking Sheets to encourage kids to count how many fruits and veggies they are eating.

[Quick Recipes: in 30 Minutes or Less](#) ~ These easy-to-prepare recipes are perfect for today's busy lifestyle.



[Take Your Child to the Supermarket](#) ~ This kit has activities to help parents introduce fruits and vegetables to their kids. Just print and plan a trip to the supermarket!



PBH also sponsors [Food Champs](#), a fun, interactive website designed especially for young children ages 2-8.



Food Champs Website

This award-winning site, featuring the Fruit & Veggie Color Champions, has free activities, coloring sheets, games, and recipes, all promoting healthy eating through fruits and veggies. Here's a sampling of some of the materials you'll find on this website.

