



## Health Tip – Fruits and Vegetables



Is it a battle, too, at your house to get fresh fruits and vegetables in your diet? I've devised a strategy that has worked wonders, especially with kids: serve fresh sliced fruits/vegetables as an appetizer! People are hungry and waiting for dinner . . . so while dinner is cooking, chop up some fresh fruits/vegetables and serve them before dinner. Don't worry about anything being fancy or following a complicated recipe. Just keep fresh fruits and vegetables on hand and slice them cold and fresh right before serving. And if you want to jazz things up, serve vegetables with a side of ranch or fruits with a side of fruit dip. I think it works because it is easy and kids are hungry. Use this tactic and you'll, for sure, win the battle!