Spotlight on MyPlate - 1/2 plate of FV

• **Intro:** Welcome participants – Ask if they had seen MyPlate before.
  
  When you shop for food, how do you decide what to buy? Discuss Dietary Guidelines and MyPlate (1/2 plate FV)
  Does your plate usually look like MyPlate?

• **Benefits of Eating FV**
  Discuss the importance of eating FV
  • High in vitamins and minerals
  • High in dietary fiber
  • High in phytochemicals
  • Low in calories
  • Low in fat
  
  (3-5 min)

• **Smart shopping for veggies & fruits**
  Ask participants for smart shopping ideas
  Review the handout & add other ideas
  --buy in season
  --look for sales
  --plan ahead & make a list
  --try canned or frozen
  --buy small amount frequently vs. buy in bulk
  --keep it simple
  --plant your own
  
  (4-7 min)

• **Liven up your meals with FV**
  Discuss 10 tips to add FV to your meals (handout)
  Discuss kid friendly veggies & fruits (handout)
  Help participants make a FV eating goal
  
  (5-8 min)

~Closing~ Thank Participants for coming