

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?

(3-5 min)

- **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