



Prepared parents. Healthy families.

Parent Newsletter June 2023

June is National Fresh Fruit and Vegetable Month.

Pollywog shares tips on how to get more fruits and veggies in your family's diet.

While most Americans know they should add more plants into their diet, nine out of 10 Americans don't eat enough fruits and vegetables each day. But small steps lead to big changes! Serving a variety of fruit and vegetables during meals and snacks will help your child get all of the nutrients they need.

How many servings of fruit and vegetables do children need?

Fruit Daily Recommendations*		
Toddlers	12 to 23 months	½ to 1 cup
Children	2-3 yrs	1 to 1½ cups
	4-8 yrs	1 to 2 cups

In general, the following counts as 1 cup from the Fruit Group:

- 1 cup of fruit
- ½ cup of dried fruit

Vegetable Daily Recommendation*		
Toddlers	12 to 23 months	1/2 to 1 cup
Children	2-3 yrs	1 to 1½ cups
	4-8 yrs	1½ to 2½ cups

The following examples count as 1 cup from the Vegetables Group:

- 1 cup of raw or cooked vegetables or vegetable juice
- 2 cups of raw leafy salad greens

**These are general recommendations by age. Find the right amount for you by getting your [MyPlate Plan](#).*



Tips for Getting Your Family to Eat More Fruits & Veggies

- **Be a role model.** Eat a variety of fruits and vegetables at meals and snack times yourself.
- **Fill up.** Fill half the dinner plate with fruits and vegetables.
- **Dip it.** Serving fruits and vegetables with a dip can make them more fun. For a quick veggie dip, mix plain yogurt with a French onion seasoning packet. For a fruit dip, mix vanilla yogurt with a little peanut butter and cinnamon.
- **Make a smoothie.** Smoothies are an easy way to get more fruits and vegetables. Blend together yogurt, frozen fruit of your choice, and spinach for a healthy treat!
- **Make it fun.** Make salads with colorful fruits and vegetables. Use different colors, textures, shapes, and flavors that appeal to children.

- **Try something new.** Choose a recipe featuring a new fruit or vegetable each week to try together as a family. Let children help with choosing fruits and vegetables at the grocery store or farmer's market, and include children in food prep at home.
- **Be sneaky.** Add pureed vegetables to soups and sauces. Put some grated apple, carrot, or zucchini into muffins. Mash up steamed cauliflower into your potatoes. There are many creative ways to sneak fruits and vegetables into your family's favorite dishes.
- **Have a snack.** Have fresh fruit and veggies washed and ready for eating – kept in the refrigerator and/or on the table in plain view for easy snacking.

Where to get Fruit & Veggies on a Budget

Stretch Your Food Dollars With Double Up Food Bucks! Double Up Food Bucks allows SNAP shoppers to get DOUBLE the fruits and vegetables at CSA shares, Farmers Markets, Farm Stands, and Grocery Stores across Oregon!

How do I know if I'm eligible to use Double Up Food Bucks? If you use SNAP food benefits, you can earn Double Up!

If you use EBT Cash benefits, unfortunately you are not eligible to earn Double Up, however you are eligible to participate in Produce Match at participating farmers markets and farm stands. [Learn more.](#)

Note: Some locations may require a quick sign up at a cashier or information booth



WIC Summer farmer's market coupons for fruits and vegetables

WIC clients are eligible to receive Farmers Market checks to spend at the Farmers Markets and Farm stands in Oregon. Each booklet contains \$28 CASH VALUE to buy local fruits and vegetables. They will be issued **beginning June 1st** on a first come first served basis until they are gone.

Contact your local WIC clinic to learn how to receive Farm Direct for the current season. Participation does not affect medical assistance or SNAP (Food Stamps) benefits.



[Linn County WIC](#)

541-967-3888

[Benton County WIC](#)

541-766-6835

[Lincoln County WIC](#)

Newport: 541-265-4163
Lincoln City: 541-265-0578



Fruits and vegetables are nutritional all stars and you don't have to work hard to prepare and enjoy them; that's where [Food Hero](https://www.foodhero.org) comes in. With Food Hero, you can budget for, plan, and create countless healthy, super tasty meals and learn how to grow your own food. They have healthy and tasty recipes, meal ideas, budgeting, shopping, and many more cooking tips and tools, plus ways to connect with other Food Heroes.

[Have you joined Bright by Text yet?](#)

Designed for parents with children prenatally through age 8, Bright by Text provides families with easy, low-cost, healthy recipes for the whole family, nutrition education, and strategies for feeding the family.

To sign up, parents and caregivers can text COOK to 274 448 and get easy, healthy recipes your whole family will like in either English or Spanish.

Tips from the Bright by Text blog: [Here's How to Make Recipes Work for Your Family](#)



NEEDFOOD.OREGON.GOV

NEED FOOD?



There are resources available to help meet your essential needs.

Need food right now?



During school closures and over the Summer, free meals are available. Children 18 years and younger may receive free meals and snacks through the Summer Food Service Program (SFSP) and Seamless Summer Option (SSO). To find a summer meals site nearest to you visit www.summerfoodoregon.org, text "Food" or "Comida" to **877-877**, or call **2-1-1**.



SNAP (formerly food stamps) helps you buy groceries. Apply today. Find all the information you need [online](#) where you can apply for SNAP, cash, insurance, childcare and domestic violence assistance all in one place. Dial 211 or call [your local ODHS office](#) with questions. Receive food assistance while waiting for your unemployment insurance.



Food pantries, pick-up sites and delivery options: Oregon Food Bank's network of 1,400+ partner pantries and food assistance sites are open across Oregon and Southwest Washington. Many offer drive/walk-up or direct delivery options. Visit [Oregon Food Finder](#) for local locations, or call **2-1-1** for help.



WIC offers healthy food and nutrition and breastfeeding support for families with kids under age 5 and for pregnant women. Go to healthoregon.org/wic and click the WIC Interest Form button. You can also call **2-1-1** and ask to speak with a maternal and child health specialist. New participants are welcome!

Need more information on resources?



- For more information on food and other resources, including health care, visit benefits.oregon.gov.



- You can contact 211info by calling **2-1-1**, texting your ZIP code to **898211**, or visiting 211info.org.

- Find local resources and support by contacting [Community Services Consortium](#)

 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog Instagram](#)

 [Pollywog YouTube](#)

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