

Healthy Kansas Minute Radio Interview – Fruits and Veggies

Joe: This is the Healthy Kansas Minute. I'm Joe Blubaugh, and with me is Jennifer Church, Nutrition Coordinator with the Kansas Department of Health and Environment. During the month of March, KDHE is reminding people to eat a healthy diet that includes plenty of fruits and vegetables. Jennifer, what can parents do to encourage kids to eat healthier when on the go?

Jennifer: Eating on the go can feel chaotic, but it's really simple. Dried fruit is perfect for snacks while traveling. For longer trips, especially with children, you can make your own goodie bags with sliced oranges, apples, mangoes, grapes, celery sticks and more.

Joe: What are some easy ways for people to eat more fruits and vegetables at home?

Jennifer: Why not add more fruits and vegetables to the meals you are already making? If you shop for groceries on the weekends, it usually works out better to use the fresh produce early in the week and the canned or frozen later.

Joe: Thank you, Jennifer. For more ideas on including fruits and vegetables in your family's meals, visit www.fruitsandveggiesmorematters.org. This has been the Healthy Kansas Minute!