



GRAB your GREENS



Nutritious • Delicious • Wisconsin!





Grab your greens at home!

Kid Approved Strawberry and Spinach Salad

- Rinse and place spinach in a large bowl.
- Add sliced strawberries and any other fruits, veggies, nuts, or seeds.
- Toss with raspberry vinaigrette or your favorite dressing.

Family Fun: Superhero Greens

Try different “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens. “Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Ask kids to give each veggie a new Superhero name!

Make meals and memories together.

It's a lesson kids will use for life.

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