



CHOOSE KALE



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Choose Kale at home!

Kale Chips

Bake kale in the oven to make kale chips. Kids can help rip kale into bite-sized pieces. Toss with olive oil and a sprinkle of salt. Place kale pieces on a cookie sheet. Bake in the oven at 375°F until they are crispy, about 10-15 minutes.

Kids in the Kitchen!

Kids can use their clean hands to rub chopped raw kale before adding it to a salad. This is called “massaging” the kale. It helps to soften the leaves before adding dressing and toppings.

Kids love to explore food using their five senses. This is a great way to encourage kids to try new foods!

*Make meals and memories together.
It's a lesson kids will use for life.*

The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.