



## Kids get \$10 towards produce with our Fruits and Veggie Rx program

During well child exams, doctors are handing out a special prescription to help kids get excited about fruits and veggies.

Kids who come in for their well child exam at any of our 55 clinic locations in the Twin Cities and St. Croix Valley will get more than just a check-up. From now until July 31, families can receive a \$10 prescription to redeem for fresh produce at Cub Foods and other local grocers through our Fruits and Veggie Rx program.

### Try for five

This program is all about helping kids get excited about trying more fruits and vegetables. My colleague, Dr. Jason Maxwell said it best: “When a Medical Provider writes a prescription, it sends a powerful message. It reminds kids and families about the importance of eating more fruits and vegetables. It helps power our bodies and minds, naturally.”

### Tips to help kids try more fruits and veggies

- **Kids are often unsure about “new” foods.** It’s actually quite normal. Don’t be discouraged ... Keep offering, with no pressure, and praise them just for trying
- **Kids actually taste things differently than adults.** Sweet and salty foods are accepted more quickly, than bitter tastes. So, experiment preparing them in different ways. They may not like veggies steamed, but discover they love them roasted
- **Be a Role Model.** Let kids catch you trying fruits and veggies, and they’ll likely want to try, too
- **Make them colorful and fun.** If its colorful, cut up, has a fun name or shape, they’re more likely to try
- **Involve kids** with grocery shopping, prepping and cooking. Try new recipes together and have a cook-off at home

### Try one of our favorite recipes:

#### Crispy Kale Chips

Serves: 4-6

##### INGREDIENTS

- 1 bunch kale (about 4 cups)
- 1 tablespoon olive or canola oil
- 1 teaspoon salt

##### INSTRUCTIONS

1. Preheat oven to 275° F. Line baking sheet with parchment paper.
2. Wash kale. Dry leaves thoroughly and carefully remove the thick inner stems.
3. Tear the leaves into bite-size pieces. Arrange onto baking sheet.
4. Drizzle leaves with oil and sprinkle with salt.
5. Bake for 20-30 minutes, or until kale is crisp.



You can get even more tips about how to help kids and your family eat better at [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily). Then, round up your kids and head in for your well child exam and \$10 Fruit and Veggie prescriptions.

### Schedule today!

- [HealthPartners Clinics](#)
- [Park Nicollet Clinics](#)
- [Greater St. Croix Valley Clinics](#)

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