

Project FRESH

Fruits and Vegetables

Self-Directed Education



This lesson was created by Michigan District Healthy Department #10 WIC Program and adapted for State Sharing by the Michigan WIC Program.

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WIC Project FRESH - Fruits and Vegetables

CLIENT INSTRUCTIONS

WIC Project FRESH is a farmer's market program for WIC families to enjoy the freshness of locally grown fruits and vegetables.

You can use this kit for your WIC nutrition education.

CHECK THE BOXES AS YOU GO!

- ☐ Do at least **ONE** Project FRESH activity below.
 - ☐ Find a tip to try from the handout, *10 TIPS FOR YOUR FRUITS & VEGGIES*.
 - ☐ Read the handout, *FRUITS & VEGGIES IN SMOOTHIES* to create a fun smoothie.
- ☐ Answer the "Client Feedback Form" questions.
- ☐ Return the "Client Feedback Form" to your WIC clinic.

WAYS TO LEARN {EVEN} MORE!

- ☐ Complete the Project FRESH lesson at www.wichealth.org called 'Get FRESH at the Farmers Market'.
- ☐ Join an MSUE online class to learn more about Project FRESH. Ask your WIC staff how to sign up!

Need help with how to shop using your WIC Project FRESH coupons?

- ☐ Watch YouTube video series (3)- *What is WIC Project FRESH?*
<https://www.youtube.com/watch?v=RGex9lSh81Q>
- ☐ Read the *WIC Project FRESH HOW TO USE Your Coupons* handout.

QUESTIONS? Call your WIC clinic for assistance.

10 TIPS FOR YOUR FRUITS & VEGGIES

WHEN YOU DON'T KNOW WHAT TO DO WITH THEM!

1

Stock up on fresh fruits and vegetables and freeze the leftovers. They'll stay good much longer!

2

Make a fruit smoothie with fresh or frozen fruit. Vegetables can be added, too!

3

Add vegetables to scrambled eggs or omelets.

4

Get creative with salads. Add new vegetables and even fruit!

5

Add extra vegetables to your favorite casserole or soup recipes.

6

Make a parfait with fresh fruit, yogurt, and granola.

7

Add fruit to your favorite baked goods.

8

Spice up pasta sauce by adding vegetables to it.

9

Cut up fruits and vegetables ahead of time to make them easier to snack on.

10

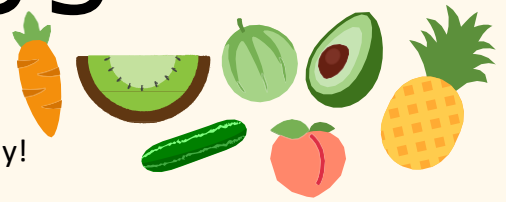
Add pieces of cut up fruit to your cereal.

Fruits & Veggies



in smoothies

A quick and easy way to eat healthy!



Choose Your Fruit 2-3 cups fresh or frozen

Strawberries
Blueberries
Raspberries
Blackberries
Peaches
Mangoes
Kiwi
Apricots
Watermelon
Pumpkin
Any kind you like!

Choose Your Vegetable (optional)

Spinach
Avocado
Kale
Carrots

Choose Your Liquid & Base

Liquid - 1 cup

Low-fat milk
Fat-free milk
Milk alternative
Water

Base - 1/2 cup

Low-fat yogurt
Non-fat Greek yogurt
Oats
Ice cubes
Chia seeds
Frozen Banana

Tips & Directions

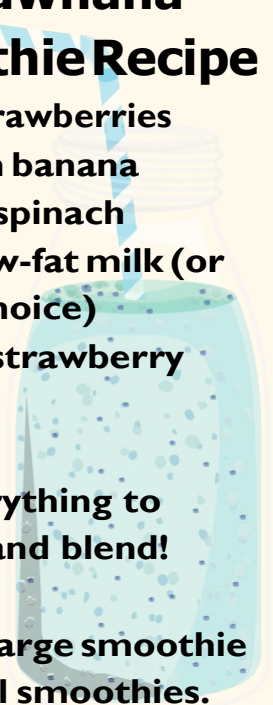
- Add all to blender and blend until combined.
- If not blending well, add more liquid!
- Frozen fruits and vegetables will make smoothie thicker.
- Fresh or canned fruits will make smoothie thinner.
- Add any fruit combinations to change flavors.
- You usually can't taste the vegetables, only the fruit.
- Fresh fruits and vegetables can be frozen to last longer.
- If smoothie isn't sweet enough, add splash of vanilla, honey or sugar-free syrup.

Strawnana Smoothie Recipe

- 1 cup strawberries
- 1 frozen banana
- 1/2 cup spinach
- 1 cup low-fat milk (or milk of choice)
- 1/2 cup strawberry yogurt

**Add everything to
blender and blend!**

**Makes 1 large smoothie
or 2 small smoothies.**



WIC Project FRESH

How to Use Your Coupons

- Bring your coupons to any authorized WIC Project FRESH farmer's market or roadside stand.
- Select locally grown, fresh fruits and vegetables where the bright yellow WIC Project FRESH sign is displayed.
- Use coupons throughout the Project FRESH season, by October 31st.

Reminders

- 1 coupon = \$5
- 1 booklet of coupons = \$25
- No change back, if something costs less than \$5, the farmer cannot give you change back.
- If something costs over \$5 you must pay the additional cost with your own money.
- Lost or stolen coupons will not be replaced.
- Coupon should not be signed until paying for the produce.
- The person who signs the coupon booklet (or their proxy) must be the person who uses and signs the coupons at the market.
- Eligible, locally grown, fresh, unprepared fruits and vegetables as well as herbs are allowed.
- Non-produce items are not allowed (honey, maple syrup, cider, eggs).

WIC PROJECT FRESH COUPONS

DCH-0333(11/17), Formerly H-1086 Authority Act 368, P.A. 1978	\$5	Michigan Department of Health and Human Services Farmers' Market Nutrition Program WIC Project FRESH	
	No Change Permitted	This coupon is good for fresh fruits and vegetables only. Redeemable only at WIC authorized farm markets and roadside stands.	
	WIC MARKET MASTER NUMBER	FARMER NUMBER	Signature of Project FRESH Participant/Proxy X _____
	Coupon expires October 31 WIC Market Masters must submit coupons for payment by November 15		\$5 No Change Permitted

ACCEPTED HERE

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Project FRESH – Fruits and Vegetables

Client Feedback Form

Name: _____

Family #: _____

This lesson is about shopping and preparing fresh fruits and vegetables purchased from WIC authorized farms at farmers' markets and roadside stands using WIC Project FRESH coupons.

Please check ONE statement below that best describes you:

- ☐ I am *more aware* of ways to shop and prepare fresh fruits and vegetables purchased at a farmer's market or a roadside stand, but I am *not sure* when I will start.
- ☐ I plan to *start* taking some new steps to shop and prepare fresh fruits and vegetables purchased at a farmer's market or roadside stand, *soon*.
- ☐ I plan to *start* taking steps to shop and prepare fresh fruits and vegetables purchased at a farmer's market or roadside stand, *today*.
- ☐ I plan to *continue* taking steps to shop and prepare fresh fruits and vegetables purchased at a farmer's market or roadside stand.
- ☐ I am *not interested* in learning about shopping and preparing fresh fruits and vegetables purchased at a farmer's market or roadside stand.

Tell us one thing you learned today:

If you plan to make changes tell us what they are:

Thank you!

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Staff Use Only

MI-WIC NE Topics: Project FRESH: Fruits and Vegetables

MI-WIC Recorded by:

Staff initials: