

**Choose canned veggies, canned beans,
and whole grains to make your
own homemade soup.**



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USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Choose rolled oats, dried fruit, and unsalted nuts or seeds to make homemade granola.



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**Choose eggs to make kid-friendly
scrambled eggs for breakfast.**



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**Choose rolled oats, raisins, bananas
and unsalted nuts to make
healthy homemade treats.**



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Choose whole-wheat tortillas, canned beans, and reduced-fat cheese to make homemade bean burritos.



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**Choose low-fat (1%) or fat-free (skim)
milk and yogurt for
healthy drinks and snacks.**

**These lower fat options have
the same essential nutrients
with less fat and calories.**



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**Beans, eggs and unsalted nuts
are great protein options.**



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**Carrots, leafy greens, or potatoes
are great veggie side options.**



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**Apples, bananas, or oranges
are great fruit options.**



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Serve naturally sweet fruit for dessert. Try baked apples, fruit salad, or fruit smoothie.



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