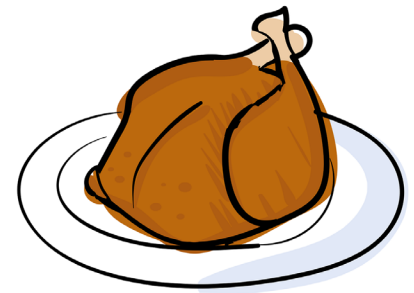


5-2-1-0 FEATURE:

November



Pick healthy sides for the holidays

Here's how you can put 5-2-1-0 into action this month:

WHY IT MATTERS:

5-2-1-0 Healthy Choices Count! encourages us to eat five servings of fruits or vegetables every day. A diet rich in **fruits and vegetables** provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children – especially as we head into cold and flu season!

Here are some additional resources to help your family eat more fruits and vegetables:

- Kids are more likely to be excited about a fruit or vegetable side dish they helped prepare. Get the whole family involved in holiday food prep with these [“Cooking With Kids”](#) tips.
- Fruits and vegetables don't have to be fresh to provide nutritional value! Frozen or canned produce are a good choice year-round – [here are some ways to use them.](#)
- These fruit and vegetable-based recipes are kid-tested and parent-approved! [Try them out.](#)

SIDE DISH RECIPES:

The [Spend Smart. Eat Smart.](#) website is full of free resources including meal planning templates, shopping tools, budget trackers and, of course, healthy and affordable recipes!

Try these **3** family-friendly side dishes at your next holiday gathering. Click to view the full recipe online:

[Holiday Fruit Salad](#)

[Homemade Mac & Cheese with Greens](#)

[Stuffing with Vegetables](#)



These recipes are provided by Iowa State University Extension and Outreach. For more recipes like this, visit the [Spend Smart. Eat Smart.](#) website at [spendsmart.extension.iastate.edu](#). Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

The 5-2-1-0 Feature is brought to you by:



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FIND MORE 5-2-1-0 RESOURCES: www.iowahealthieststate.com/5210