

After reading this lesson, click the survey link at the end to answer a few questions and receive nutrition education credit for your class.

## Meal Prepping with Your WIC Vegetables



### **Did you know meal prepping can help you eat more vegetables?**

Does your family struggle with eating the recommended servings of vegetables? Are you constantly throwing out spoiled veggies because you didn't have time to prepare them? Meal prepping could be the solution to this problem. Meal prepping is the process of preparing meals, snacks, or ingredients in advance to use throughout the week.

*Did you know WIC provides money for fresh vegetables? WIC participants receive a Cash Value Benefit to purchase fresh, frozen or canned fruits and vegetables.*

Incorporating more fresh vegetables into your diet can help protect against cancer, diabetes and heart disease. Fresh vegetables are also an excellent source of fiber along with numerous vitamins and minerals.

One of the easiest ways to help your family eat more vegetables is to prepare them in advance. When veggies are cleaned, chopped and ready to go right into a soup, casserole, salad, or your mouth, you will be much more likely to eat them. Not only will your family eat more vegetables, but you will waste less food and less of your hard-earned dollars.



## Tips for Meal Prepping Veggies

1. Buy vegetables in season for optimal freshness and nutrition!

### Winter

- Beets
- Brussels Sprouts
- Pumpkin
- Sweet Potatoes
- Winter Squash
- Swiss Chard

### Spring

- Broccoli
- Green Beans
- Mushrooms
- Peas
- Spinach

### Summer

- Bell Peppers
- Corn
- Cucumbers
- Eggplant
- Okra
- Summer Squash
- Tomatoes
- Turnips

### Fall

- Beets
- Broccoli
- Cauliflower
- Kale
- Mushrooms
- Pumpkin
- Sweet Potatoes

2. Vegetables that brown quickly including potatoes and sweet potatoes should not be meal prepped. Whole potatoes, sweet potatoes, garlic and onions should be stored at room temperature.

## Best Vegetables for Meal Prepping

- Asparagus
- Bell Pepper
- Broccoli
- Cauliflower
- Carrots
- Celery
- Eggplant
- Green Beans
- Leafy Greens
- Peas

## MEAL PREPPING WITH YOUR WIC VEGETABLES

3. Always wash and thoroughly dry your produce. You may also soak your vegetables in clean, cool water for 1-2 minutes before prepping.
4. For vegetables with a thick skin, gently scrub with a clean produce brush.
5. Remove the outer-most leaves of lettuce, cabbage and other leafy vegetables.
6. Dry produce with a paper towel, then peel and chop so it's ready to cook or eat.
7. If you're planning to use a certain vegetable in the next couple of days, go ahead and chop it for that recipe.
8. When prepping vegetables to use as snacks for kids, cut them into thin strips and store in a container that is easy for them to open.
9. When storing mushrooms, place them in a paper bag in the main compartment of the fridge. Do not wash them or put them in a crisper or drawer. Mushrooms can last up to a week in the fridge.
10. Wash and thoroughly dry vegetables. Peel and chop vegetables so they are ready to use. Place vegetables in an airtight container. You may want to line your containers with paper towels to absorb excess moisture. Store vegetables in a different part of refrigerator than fruit to prevent them from spoiling. These prepped vegetables will be good for about 3-5 days.
11. Onions and peppers can be chopped and stored in individual baggies for convenience. They can even be frozen that way!

**Congratulations, you have finished!**

Have more questions? Contact your local WIC nutritionist!

**STOP!**

**[Click here to complete the survey and receive credit](#)**



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