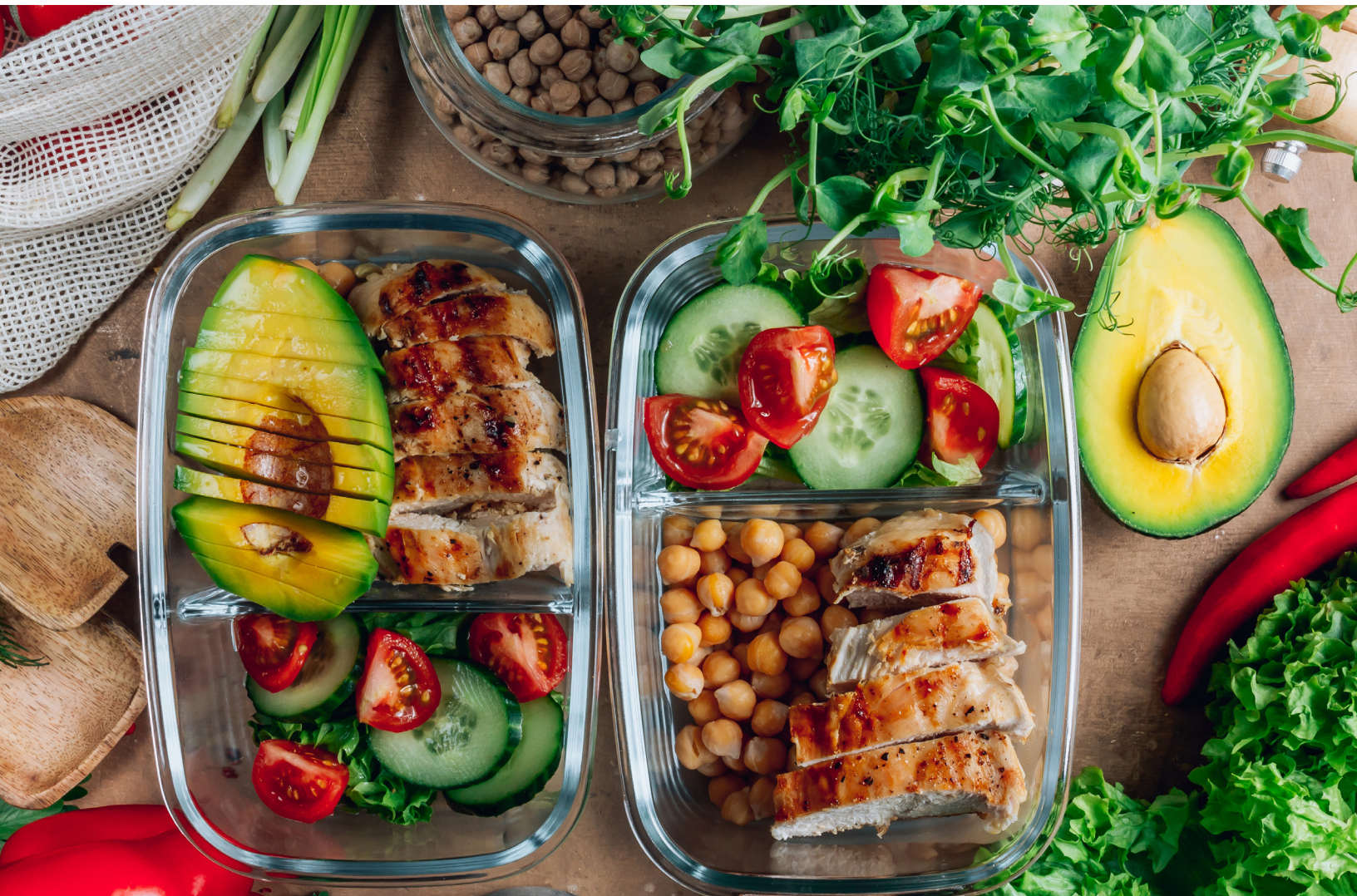


## SELF-PACED LESSON

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 WIC Provides money for fresh vegetables?**

Did you know WIC provides money for fresh vegetables? Would your family eat more fresh vegetables if they were more easily accessible? What is your routine for preparing the vegetables you buy? Meal prepping involves preparing meals or dishes ahead of schedule to help avoid food waste, eat healthier and save time!

*\*WIC provides a Cash Value Benefit to purchase fresh, frozen or canned fruits and vegetables. The Benefit is \$26 for children, \$47 for pregnant and postpartum participants and \$52 for mostly and fully breastfed participants.*



Incorporating more fresh vegetables in 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.

### Nutrition Tips

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

#### Winter

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

#### Summer

- Bell Peppers
- Corn
- Cucumbers
- Egg Plant
- Okra
- Summer Squash
- Tomatoes
- Turnips

#### Spring

- Broccoli
- Green Beans
- Mushrooms
- Peas
- Spinach

#### 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 whole onions should be stored at room temperature.
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.

## Best Vegetables for Meal Prepping

- Asparagus
  - Bell Pepper
  - Broccoli
  - Cauliflower
  - Carrots
  - Celery
  - Eggplant
  - Green Beans
  - Leafy Greens
  - Peas
7. If you already have a plan for a certain vegetable and will be using it in the next couple of days, go ahead and chop for that recipe.
8. If you're wanting to use vegetables for snacks for kids, then cut into thin strips and store in a container that is easy for them to open.
9. While mushrooms should be stored in paper bags, vegetables should be stored in a different part of the fridge than fruit in airtight containers. Once washed and chopped, most vegetables are then good for about 3-5 days. You can also line your containers with paper towels to absorb excess moisture.
10. Onions and peppers can be chopped and stored in individual baggies for convenience. They can even be frozen that way!

## Complete the questions below to receive credit for this lesson

### Questions:

Circle the correct answer

- 1. True or False:** Potatoes are excellent for meal prepping.
- 2. True or False:** Vegetables should be stored in a separate area of the refrigerator from fruits.
- 3. True or False:** Once washed and chopped, most vegetables are good for about 3-5 days in the refrigerator.
- 4. True or False:** Bell Peppers are considered in-season during the summer months.
- 5. True or False:** Vegetables with a thick skin do not need to be washed and gently scrubbed before prepping.

Key: 1.F 2.T 3.T 4.T 5.F

**Congratulations, you have finished!**

Have more questions? Contact your local WIC nutritionist!

