

Try to make at least  
*half the meal*  
**vegetables**  
for a healthier meal



## TIPS

- ✓ As a quick check, put all the ingredients on the bench before you start cooking and make sure about half are vegetables.
- ✓ Canned and frozen vegetables are just as good for you as fresh.
- ✓ Try to serve a mixture of colourful vegetables every day.
- ✓ Look out for low-cost specials.

# The whole family needs vegetables every day – canned, frozen or fresh.

Try some of these easy, tasty ways to make half your main meal vegetables:

## spaghetti bolognaise



plain



+ chop



+ grate



+ chop



+ canned



+ salad

=



Yum!

## home-made pizza



plain



+ chop



+ chop



+ slice



+ salad

=



Yum!

## stir fry



plain



+ slice



+ frozen



+ slice



+ chop



+ chop

=



Yum!

## boil up



plain



+ rub



+ chop



+ chop



+ chop

=



Yum!

For more easy, yummy meal ideas go to  
[www.feedingourfamilies.org.nz](http://www.feedingourfamilies.org.nz)