



PBH Online Resources

for Parents and Guardians

Updated July 2016

PBH's Award-winning Websites

—FruitsAndVeggiesMoreMatters.org—

There are many simple ways to add more fruits and veggies to everyday meals and snacks. Find a wide variety of tips and resources on our Fruits & Veggies—More Matters website.



Visit our **Fruit & Veggie Nutrition Database** for selection, storage, nutrition, and preparation tips.

Search through our **Fruit & Vegetable Recipe Database** for over 1,000 healthy meal and snack ideas.



Post activities that are going on in your local stores or community at **Fruit and Veggie Happenings**.

Watch over 300 videos in our popular **Fruit & Vegetable Video Center** featuring Michael Marks, Your Produce Man, demonstrating how to select, store, and prepare fruits and veggies.



About the Buzz: These weekly articles provide timely and accurate information about fruit and veggie “rumors” so you can easily identify fact from fiction.



America's More Matters Pledge: Find ways to fill half your plate with fruits and veggies. Check out the Pledge Toolkit and pledge buttons.



Ask the Expert: Dr. Elizabeth Pivonka, a mother of two and a registered dietitian, shares years of experience in getting people to eat more fruits and veggies. Dr. Pivonka answers frequently asked questions from parents, such as, “Are my kids eating the right things?” and “How can I prepare acorn squash?”



Insider's Viewpoint: Finds lots of expert advice about fruits and veggies from our network of registered dietitians working at supermarkets across the country.



Meal Planning and Shopping: This consumer-oriented resource has plenty of tips and ideas designed to save time, money, and energy.

Quick Recipes: in 30 Minutes or Less: These easy-to-prepare recipes are perfect for today's busy lifestyle.

Take Your Child to the Supermarket: This kit has activities to help parents introduce fruits and vegetables to their kids. Just print and plan a trip to the supermarket!

FoodChamps.org



This fun, interactive website with games, activities, and recipes was designed especially for children ages 2-8. It features the Fruit & Veggie Color Champions, has free activities, coloring sheets, games, and recipes, all promoting healthy eating through fruits and veggies.

Social Media Tools

It's easy to stay connected with PBH (and get great ideas and content, whenever you need them) via our social media outreach.



Like us on Facebook
Fruits & Veggies—MoreMatters



Follow us on Instagram and tag us in your fruit & veggie pics.

[fruitsandveggiesmorematters](#)



Follow us on Twitter
Fruits_Veggies



Join us on Pinterest
[fvmorematters](#)



Check out our weekly Mom's blog,
Stem and Stalk . . . Let's Talk

Hosted by a PBH staffer/Mom, this blog provides an opportunity for parents to join in an online parent-to-parent conversation about fruits and veggies.

As always, please feel free to contact PBH directly if you have any questions or need assistance.

