Dried fruit is handy, dandy, and great instead of candy. Mix fresh, frozen, or canned fruit in a cup of low-fat or non-fat yogurt to pump you up. Add frozen grapes or berries to 100% juice for added flavor and color.

For some grab-n-go fruit and veggie snacks, visit www.FoodChamps.org.
It's easy to get what you need:
As a general rule, fill about half your plate with different colors of fruits & veggies at meal times. Snack on fruits & veggies for a tasty, convenient treat.

The Fruit & Veggie Color Champions™ say kids ages 4-13 should eat 2 1/2-5 1/2 cups of colorful fruits & veggies everyday.