

Vegetable Snowman

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EXTENSION

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Vegetable Snowman

This vegetable snowman recipe allows kids to create their own version of the snowman using delicious and healthy vegetables. Let the fun begin!



Vegetable Snowman

Ranch dressing	Cucumber slices	Sliced olives
Carrot sticks	Cherry tomatoes	Bell peppers

1. Place ranch dressing in a small cup for the snowman's head.
2. Assemble vegetables in the shape of a snowman using cucumber slices for the body, carrots for arms and nose, cherry tomatoes for buttons, bell peppers for hat and scarf, and olives for the eyes.
3. Be creative and feel free to use any vegetables you have on hand.
4. A "Vegetable Snowman" is a great item to bring to holiday parties and family events

Did you know?

- Children ages 2 to 5 need between 1 and 2 cups of vegetables each day.
- Vegetables are a great snack filled with vitamins and minerals.
- It is common for young children to dislike or refuse some vegetables.
- Patience works better than pressure. Offer your children a variety of foods. Then let them choose how much to eat.

Making Vegetables More Appealing

- Be a good role model for children by eating vegetables yourself with meals and as snacks.
- Let your kids be "produce pickers." Let them pick out the vegetables at the store or farmers market.
- Try different forms - vegetables may be fresh, frozen, canned, or dried, and may be whole, cut-up, or pureed.
- Offer choices. Rather than ask, "Do you want broccoli for dinner?" ask "Which would you like for dinner, broccoli or cauliflower?"
- Kids like to taste what they have helped prepare. Depending on their age, children can help clean, peel, or cut up vegetables.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

For more information check out Food Fun for Young Children at: <http://food.unl.edu/web/fnh/food-fun-for-young-children> or on Pinterest at: <http://pinterest.com/cwellsrd/food-fun-for-young-kids>



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