



SIMPLY
Raw
VEG



Simple tips to get your kids eating raw veg!



VEGPOWER

RAW VEG POWER!

Crunchy, colourful and a quick way to get some veg into your child's lunchbox or after school snacks. Children often prefer uncooked or raw veg because it is sweeter, crunchier and more colourful. It is also easier for you to prepare. A double win!

We'll show you what veg work well raw and our top tips to get your kids loving them. We've also added when each veg is in season because they are likely to be cheaper and kinder to the environment.



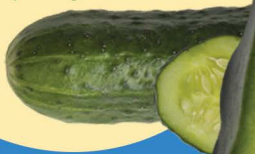
Peppers

Red, yellow and orange are the sweetest but you could also try green. Slice into rounds and sticks!



Cucumber

Large chunks or small ones, as your child prefers.
Try using a small cookie cutter to cut out shapes e.g stars or hearts



Spring





Tomatoes

Try different varieties
and colours



Sweetcorn

Tinned kernels,
baby corn or cooked
thirds of a cob

Summer

Sugar snap peas

Wash and pop them
in whole to 'snap'
and crunch on!





Carrots

Peeled and left whole,
sliced or chopped
into batons

Radishes

If your child
likes the peppery
taste - keep
whole or chopped

Tomatoes

Sliced, chopped
or cherry



Winter



Carrots

A great option all
year round!



Celery sticks or smaller
pieces as your child prefers

THREE IDEAS TO GET YOU STARTED

Raw Veg Mix Up

Add a handful of ready-to-eat snacky veg to a container. Try cherry tomatoes, drained tinned sweetcorn, celery sticks, pepper slices, cucumber etc.

Get dipping

Research shows that young kids may be more willing to try veg if served with their favourite dip. Try some raw veg (e.g. carrots, cucumber, peppers and celery) chopped into sticks and served with a pot of their favourite dip (cream cheese, guacamole, sour cream, salsa, hummus*).

*Please check with your child's school about potential allergies

Rainbow Salad

If your kids are having pasta, cous cous or rice for tea, why not cook some extra and serve as a cold rainbow salad for their lunch the next day? Add some raw veg plus olives, ham, cheese, roast chicken, tuna – whatever your child likes – there are lots of combinations!

Click here to
Check out our
60 second
lunchbox hacks!

TOP TIPS!

SAVE ON PREP TIME: chop veg at the beginning of the week, add to a sealed jar containing some water and place in the fridge.

KNOW YOUR PORTIONS: a child's portion of veg is the amount that fits into your child's hand.

EAT THE RAINBOW: aim for variety in the veg you serve to help ensure your child is eating a wider range of nutrients.

DON'T GIVE UP: if your child isn't used to having veg in their packed lunch they may ignore it at first. Keep adding it and the more they see it and interact with it, the more it becomes 'normal'.



SECRETS OF SUCCESS!



Create the right environment - start slow and gentle, prepping your child in advance so they know what to expect, and including them in attempts to choose a veg to have a go with. It's always best for long-term results to help the child be aware of the veg they are eating from the start - hiding it doesn't work in the long run. The more involved they are and the more they engage with the veg and the process, the more likely it is that they will eventually taste it.

Lead by example - make sure they see you trying and enjoying the veg you are asking them to taste. You won't be there when they eat the lunchbox, so include the veg in dinner prep and snack time so they can see you eating it first.



Use non-food rewards - don't be tempted to reward trying veg with other foods, especially sweet treats - it tends to reinforce to a child that veg is "yucky" while sweet things are "yummy". Instead, try to find some non-food rewards like stickers, activities or time spent with you. You can download some of our reward charts over here for free



Get them involved - children who are involved in prepping and cooking healthy foods are more likely to eat them. Even if they aren't yet eating it, try to have them help you choose or shop for the veg and help you prep the lunchbox.

Let them catch you sneaking a piece of carrot while you are prepping and see if they'll join in the game!

Stay positive - keep the language around your child's engagement with the veg positive. Don't force them to eat it and instead praise any attempts to engage, even if it's just licking the veg and spitting it out. Make engaging with veg fun and playful, adding a 'game' element and interacting without eating at first.

Find some ideas for how to have fun with veg on our website



Don't give up - it can take a child dozens of times seeing and interacting with a veg before they start to accept it. But don't lose hope, give it time and build the amount of veg up very slowly. They will get there eventually!

SIMPLY VEG



We are dedicated to supporting parents/carers to increase children's veg intake.

We also know it isn't always an easy and straightforward task.

To help you, we have created 'Simply Veg', a monthly newsletter full of ideas and expert advice. It's **100%** free and **100%** simple. Once a month we will send you **ONE SIMPLE IDEA** to try with your family!

To sign up register here: vegpower.org.uk

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