



What's So Great About Seeds?

Seeds are nutritious. They contain protein, iron, fiber and healthy fats. People often snack on sunflower and pumpkin seeds. We also eat seeds found in fruits and vegetables such as tomatoes, cucumbers and strawberries.

Look at the fruits you have at home with your child. Discuss where the seeds are found in those fruits.

Did you know that all of the following are considered "seeds" as well? Beans? Peas? Nuts?

Give your family a boost of energy and nutrients. Try adding these foods as part of your meal or as a healthy snack:

- Seeds can top a salad.
- Beans and peas can be added to soups, rice or casseroles.
- Try seeds plain or with dried fruit for a tasty snack.

Where do Your Fruits and Veggies Come From?

Farmers' markets and grocery stores are great places to shop for fruits and veggies. You can also grow them yourself!

Take Action!

- At Home: If you have an EBT card it can be used to buy fruits and vegetable seeds. Spend time with your child growing your own fruits and vegetables. Seeds can grow in the ground or in containers.
- At School: Developing a school garden is a great teaching tool. Children work outdoors, learn how to grow fruits and vegetables, and have a safe place for physical activity.



Recipe

Seed Salad

Serves 6

Ingredients:

- 1 bag (plain or light) microwave popcorn
- ½ teaspoon salt (or salt to taste)
- 1 cup sunflower seeds
- 1 cup pumpkin seeds (if available)
- 1 cup dried cranberries

Directions:

1. Pop microwave popcorn according to package directions.
2. After the popcorn is popped, put it in a large bowl and sprinkle lightly with salt if needed.
3. Mix in the sunflower seeds, pumpkin seeds, and dried cranberries.
4. Serve!

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