# 30 Tasty Fruit and Vegetable Based Recipes

- For use with School Lunch Programs; School Breakfast Programs; Head Start Programs; camps; congregate meal sites; restaurants; college and worksite cafeterias.
- Recipes expanded to serve 25, 50 and 100.
- Matching family-size recipes in appendix.
- Low in fat, saturated fat, sodium, added sugars; no trans fats.
- Each recipe identifies nutrients per serving, preparation time, and cups of fruits and vegetables per portion
- USDA recipe format.

## Developed by the
New Hampshire Department of Health and Human Services  
Division of Public Health Services  
Fruit and Vegetable Program  
in collaboration with the  
Centers for Disease Control and Prevention  
Division of Nutrition, Physical Activity, and Obesity  
and the  
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Cooperative Extension Service  
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### For a copy, go to [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](https://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies) and click on “Fruit and Veggie Recipes.”

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