

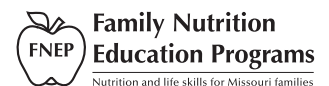
HANDOUT:

Score With More

Jiff the Joey Kangaroo needs your help! He wants to eat more fruits and vegetables every day. Look at the meals and snacks Jiff is planning to eat in the column on the left in the chart below. Make changes to his meals and snacks by replacing or adding one item to help him include more fruits and vegetables in his meals. Remember, fruits and vegetables add color, crunch and taste to meals, so be creative and help Jiff score with more by eating more fruits and vegetables! Jiff's breakfast has already been changed to add more fruit in the first chart.

Jiff the Joey's Original Meals and Snacks	Jiff the Joey Scores With More
Breakfast: Pancakes with a glass of milk	Breakfast: <i>Blueberry pancakes with milk and slices of apple</i>
Lunch: Turkey sandwich with cheese	Lunch:
Dinner: Baked chicken, potatoes and a roll	Dinner:
Snack: Crackers with peanut butter and a glass of milk	Snack:

Jiff the Joey's Original Meals and Snacks	Jiff the Joey Scores With More
Breakfast: Cereal with milk and toast with butter	
Lunch: 2 slices of pizza and a cola	
Dinner: Macaroni and cheese	
Snacks: Roasted peanuts	



Funded in part by USDA SNAP.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp. For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

Kangaroo Jump 3: High Five for Health - 64

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