

Memorandum

13-099

TO: WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: October 14, 2013

SUBJECT: Revised *10 Ways to Help Your Family Fall in Love with Fruits and Vegetables*
Brochure Available Soon

The brochure entitled *10 Ways to Help Your Family Fall in Love with Fruits and Vegetables* (Stock #13-68 English and #13-68A Spanish) has been revised and updated recently. This brochure replaces *10 Ways to Get Your Child to Eat More Fruits and Vegetables*. It provides practical tips for getting both children and their parents to eat more fruits and vegetables and includes kid-friendly recipes.

If you have any questions or require additional information, please contact Kelley Reed, RD, LD, Nutrition Education Consultant, Nutrition Education Branch, at (512) 341-4580 or at Kelley.Reed@dshs.state.tx.us.



**10 Ways to Help
Your Family Fall in Love
with Fruits and
Vegetables**

