



RAW FOODS

= big nutrition + pure flavor + time saver

Eat something raw every day.

Eating raw fruits, veggies, nuts and legumes—even just once a day—is an easy way to help balance your diet and get essential vitamins, minerals and fiber. Plus it's a super time and money saver for busy families.

The raw truth

Nothing compares to the bold flavor and satisfying snap of a raw carrot or radish, the unique texture of an uncooked broccoli “tree” or the nutty crunch of a walnut straight from the shell. You don’t have to move to a farm or slow down your busy life to rediscover these simple pleasures, and you don’t have to eat a completely raw diet to enjoy the benefits. Simply add some raw foods to your usual meals. Parents, watch how your grocery bill shrinks if you replace just a few packaged foods with raw foods each week!



10 Benefits of Raw Foods...

-  They're budget friendly, typically costing less per ounce than processed foods.
-  Raw foods have naturally bold flavor without added oils, salt or other flavorings.
-  You can grow raw foods yourself at home!
-  Kids can help wash and prep raw ingredients without risk of burns. Preschool age and up can handle veggie peelers, box graters and plastic lettuce knives.
-  Raw foods save time because they're quick and easy to prepare: simply wash, cut, serve.
-  People who eat more raw foods tend to consume fewer calories because there is less need for oils and other fats used in cooking...and raw foods are filling.
-  Eating garden-fresh foods can improve awareness and appreciation for our environment and our hard-working farmers.
-  Scraps from most raw foods can be used to make gardening compost. Learn more at www.composting101.com.
-  Buying raw foods can reduce packaging and manufacturing waste involved in making processed foods.
-  Fruits, vegetables, nuts and legumes have no cholesterol.

Take the Raw Snack Attack Challenge!

Every packaged snack food starts with some type of raw ingredients. Many of those ingredients were grown from seeds planted in the ground. Read the label on one of your favorite store-bought, packaged snacks. Which ingredients came from plants? Wouldn't it be fun to find out what they tasted like BEFORE being processed and turned into something else?

Instead of munching on potato chips, we dare you to try these raw foods instead:

sliced raw sweet potato “chips” (sprinkle on a little salt if you must), okra (eat it just like a carrot), jicama (peeled and diced), radishes, snap peas

Snacktime double dare:

Eat a bell pepper like an apple! Try each color (green, red, orange, yellow) to see if they taste different.



Fruit & Veggie Stamp Art

Use the seasonal harvest to make fun paint stamps.

This works well with: apples, celery, bell peppers, Brussels sprouts, potatoes, squash, carrots

What you'll need: fruits and veggies, sharp knife or cookie cutter (ask a grown-up for help!), cutting board, shallow dish (one for each paint color), paints, paper

Step 1: Slice each fruit or vegetable lengthwise or crosswise, depending on the size and shape you want to make when you stamp. Get creative: Bell peppers make pretty flowers or clovers; carrots are perfect for polka dots; celery root end also makes a rose; apples and potatoes can be carved into all sorts of shapes! **Step 2:** Use a napkin to blot the cut end dry. **Step 3:** Dip the cut end into the paint. **Step 4:** Firmly press the painted end onto paper or any other paintable surface. Tip: For very small hands or hard-to-handle stamps, stick in a fork or toothpick to use as a handle.

Next Steps: More Raw Adventures

- **Learn to “un-cook” dinner.** Serve an entire meal made with all raw recipes. Search online or get a raw foods cookbook for lots of ideas. Even make raw desserts!
- **Try juicing at home.** No need to buy a dedicated juicer—many fruits and vegetable juices can be made with gadgets you already have (blender, food processor, citrus squeezer).
- **Try drying or dehydrating your own fruits and vegetables in the sun, the oven or a food dehydrator.** (Look up appropriate method, temperature, time and storage for each food.)

TIPS FOR PARENTS

Share the Veggie Love

Even kids who love raw fruits and nuts may turn up their noses at raw veggies. Change their minds with these fun ideas:

- **Make it fun with finger foods.** Examples: serve sliced zucchini “chips” and dip or arrange fresh veggies into rainbows, faces and other fun “pictures”.
- **Put out a sampler platter of raw veggies while you prepare dinner.** Most kids have big appetites at this hour and will graze on whatever is in front of them.
- **Get kids involved with preparing raw ingredients using these tools:** plastic lettuce knife, vegetable peeler, garlic press or grater. Let them press the button on the blender or food processor, too!
- **Plant a theme garden.** Examples: salsa garden (tomatoes, onions, peppers, cilantro) or pizza garden (tomatoes, bell peppers, onions, basil, oregano).
- **Spreading a blanket out for a picnic** (indoors or out) is a great way to make raw foods fun!

Quick & Easy Recipes

BREAKFAST

Green Banana Smoothie

You can make this recipe with your kid's favorite fruit!

1 banana	½ cup milk (cow, soy, rice, almond...any kind works!)
¾ cup frozen grapes (green ones are best)	ice (optional)
2 cups spinach, stems removed	honey to taste (optional)

LUNCH

Sunny Sandwich Spread

Prep time is less than 5 minutes! Just like hummus, spread it on sandwiches or use it for dipping.

1 cup shelled raw sunflower seeds	½ cup water
1–2 tablespoons lemon juice	(or more if needed to thin)
1 garlic clove	salt to taste

1. Put all ingredients in a food processor or blender. 2. Blend until smooth, adding water a little at a time as you blend if needed until it reaches spreadable consistency. 3. Blend in salt to taste (may not be needed if the sunflower seeds were already salted).

Let kids help with the simple steps in **bold**!

1. Place all ingredients in a blender and blend until completely smooth. 2. If you like a thicker smoothie, add more frozen grapes or some ice, or if it's too thick add more milk, until you achieve desired consistency.

DINNER

Lettuce Tacos

Swap out your usual taco shells for crunchy lettuce, then load 'em up with your usual taco filling, store-bought guacamole or with this quick and easy avocado filling:

2 ripe avocados	½ jalapeño pepper, minced (optional)
1 large tomato, diced	8 large lettuce leaves, rinsed and dried
½ teaspoon garlic salt	
1–2 teaspoons fresh lime juice	

1. Scoop out the avocado flesh and smash it in a medium-sized bowl, then add other ingredients and stir well. Add more lime and salt to taste. **2. Spoon the mixture into lettuce leaves and eat them just like tacos. Tip: Try different kinds of lettuce leaves. Romaine, red leaf and butter lettuce tend to work well.**

RESOURCES

Whole Kids Foundation
wholekidsfoundation.org

Get involved...and help kids get more nutrition in every bite!

We offer resources to support your local schools, volunteer opportunities, sponsorships and a variety of donation methods. Because Whole Foods Market covers our core operating costs, every dollar raised goes straight to programs that make a direct impact on kids, communities and schools. Whole Kids Foundation is a 501(c)(3) organization. Donations are tax deductible to the extent allowed by law.

To learn more about our programs, partners and available grants, visit wholekidsfoundation.com.

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