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Healthy & Fit Challenge 2011: Veggiecation Review

 [0] January 25, 2011 | [Maureen](#)

Do you struggle with getting your children to eat their vegetables? If so, [Veggiecation](#) is fantastic and fun new resource that originally began as a school lunch based program curriculum that is now available at home and for after-school programs.

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I am the mother of three children and understand the importance of instilling healthy eating habits including consuming lots of vegetables as opposed to cookies and sugary treats. I love the concept of Veggiecation and found the materials that I reviewed educational and entertaining too.

The Veggiecation program provides parents/adults with learning materials including an activity/coloring book, recipe booklets and even a fun audio CD "Veggiecation Across the Nation". I home educate my children so I thought this would be an excellent resource and I was right. We sort of cheated though because my kids really enjoy vegetables.....each year we grow an organic vegetable garden and the children are responsible for helping with different parts of growing their favorite fruits and vegetables.

Veggiecation Across the N...

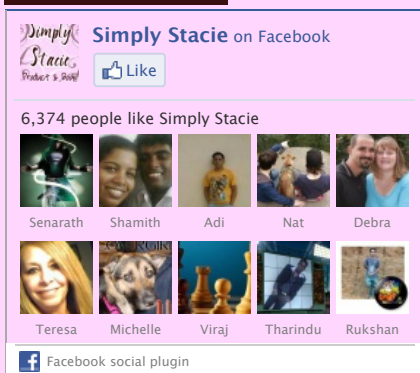


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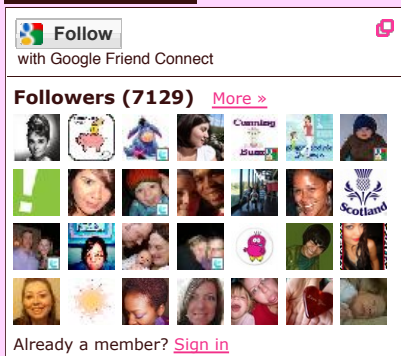
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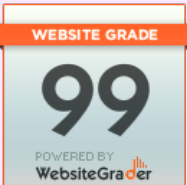


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