

At the Grocery Store

Frozen

Buy frozen vegetables and fruits without added salt, sugar, or sauces.

Ways to eat more

- Add frozen veggies to pasta and rice, casseroles, stews, and soups.
- Replace the ice in fruit smoothies with frozen fruit.
- Steam or microwave for a quick side dish to add veggies to any meal.



Canned

Choose canned vegetables with low or no added salt. Drain and rinse to remove some of the added salt. Choose canned fruit packed in 100% fruit juice.



Ways to eat more

- Add canned vegetables to soups, pasta, rice, stews, and casseroles.
- Top a green salad with drained, canned fruit.
- Stir drained, canned fruit into low-fat yogurt.
- Use canned beans in place of lean meat in main dishes and salads. Beans are a less expensive source of lean protein and provide many nutrients and fiber.



At the Farmers' Market

Fresh

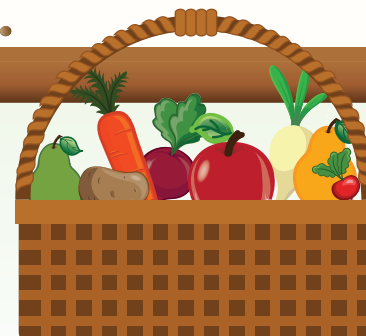
Pick a new vegetable or fruit to try with your family. Buy fresh produce in season, it tastes great and may cost less.

Select firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.



Ways to eat more

- Choose a new fruit or vegetable and prepare it several different ways.
- Enjoy the crunch of raw veggies like cauliflower, carrots, peppers, and broccoli.
- Dip cut vegetables in low-fat salad dressing, nut butter, or hummus.
- Cook and season soups and vegetables with fresh herbs, onion, or garlic.



Use SNAP/EBT and WIC and Senior benefits to buy fruits and vegetables at the farmers' market and at the grocery store.

The Family Corner

Shopping and cooking together encourages kids to try new foods. Children are more likely to eat foods they help to choose and prepare. Help kids learn healthy habits for a lifetime, right from the start. Make and enjoy family meals together.

Get everyone into the kitchen!

Kids can help with meals and snacks.

Let them help:

- Wash and scrub fresh produce with a vegetable brush.
- Peel and chop fresh produce with child-safe cooking tools.
- Pour frozen vegetables from the package.
- Measure and pour recipe ingredients.
- Mash and smash cooked sweet potatoes.
- Rinse canned vegetables in a strainer.
- Tear and toss greens for salad.
- Sprinkle herbs and spices.
- Mix and stir ingredients in a mixing bowl.



MARKET TO MEALTIME!

Fruits and Vegetables Canned, Frozen, and Fresh... All Forms Count!

- Fresh produce costs less when it is in season.
- Stretch your food dollars with canned and frozen fruits and vegetables.
- Compare prices. Store brands may cost less than national brands.
- Check unit price labels and store sale fliers to get the best price on fruits and vegetables.
- Wash and cut-up fresh produce at home. Pre-cut produce can cost more than whole fruits and vegetables.
- Save time! Canned and frozen fruits and veggies are washed, peeled, and ready to use. Shop for them at the grocery store and at the discount store.

