

# Fruits and Vegetables All Year Long!

**There's no reason not to have fruits and vegetables year-round. Here's why frozen or canned produce is a good choice:**

## FOR HEALTH

- They're just as good for you as fresh fruit and vegetables — their nutrients are preserved in the canning and freezing process.
  - ▶ Choose fruit packed in their natural juice, not in syrup.
  - ▶ Choose canned vegetables that are salt-free. You can season to taste. If you have only have salted canned vegetables, rinse in water before preparing.

## FOR SAVINGS

- They cost less than fresh fruit and vegetables.

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**Eat at least five fruits and vegetables a day!**



## FOR CONVENIENCE

- They're always in season.
- You'll have lots of choices.
- They're easily stored.
- They're already washed and cut — ready for your favorite recipe!

## ADD FROZEN AND CANNED VEGETABLES TO

- Chili
- Pasta sauce
- Soups or stews
- Casseroles
- Stir-fry

Use canned black beans, corn, peppers, and onions to spice up a Mexican dish. Add chick peas or kidney beans to any salad.

## ADD FROZEN AND CANNED FRUITS TO

- Smoothies
- Fruit salad
- Yogurt parfaits
- Cereal
- Plain yogurt
- Stir-fry (pineapple)

**Or simply use as a side dish!**

# SOOOOOO cool!