

To have fruits and vegetables year-round, add frozen or canned.

For health:

- Just as good for you as fresh fruit and vegetables—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 and season to taste

For savings:

- Cost less than fresh fruit and vegetables

For convenience:

- Always in season
- Lots of choices
- Easily stored
- Already washed and cut—ready for your favorite recipe



Eat at least
five fruits and
vegetables
a day!

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Use Frozen and Canned by Adding:

Vegetables to:

- Chili
- Soup or stews
- Stir fry

Tomatoes for sauce

Black beans & corn to spice up
a Mexican dish

Chick peas, kidney or garbanzo
beans to any salad

Fruits to:

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

Or use as a
side dish!