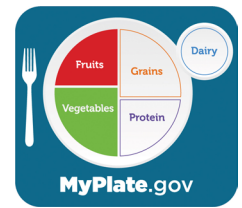


# MyPlate Planning for Healthy Eating and Savings

## FRUITS AND VEGGIES EDITION



Most of us (more than 8 in 10 in fact!) do not eat the right amount of fruits and vegetables. Eating more can be **easy, convenient, affordable, and tasty.**

With a little bit of planning, you can extend your budget by using all the food you buy. Here are our top tips for you and your family to **increase intakes of fruits and vegetables and get the most bang for your buck:**



### **INCLUDE A MIX** on your shopping list

Frozen and canned options can be just as healthy as fresh. For packaged fruits and veggies, use the food label to choose those lower in sodium, saturated fats, and added sugars.

### **PLAN MEALS** to limit spoilage

Use fresh food first. Keep your freezer and pantry stocked with a variety of fruits and vegetables to enjoy between shopping trips.

### **USE ALL FORMS** to stretch leftovers

Have extra grains from a dinner meal?

Mix rice with canned black beans, frozen corn, salsa, guacamole, and a salt-free Mexican seasoning blend.

For a sweet and savory option, combine quinoa, frozen strawberries, nuts, red onion, mint, and your favorite dried fruit.

### **Food Safety Tips**

- ✓ Check expiration dates on cans
- ✓ Use frozen produce within 8 to 12 months

### **BUY IN SEASON** to save

Consult the SNAP-Ed Seasonal Produce Guide or check what's ripe and on sale at the store.



SNAP-Ed Seasonal Produce Guide

**Fun fact!** Some types of produce (think apples, oranges, and bananas) are "in season" year-round because they grow in different locations.



### **STORE PRODUCE** differently

Some fresh fruits and vegetables last longer at room temperature and others do better in the fridge. Sometimes storing different fresh fruits and vegetables together can cause them to ripen faster.

### **MOVE FRESH PRODUCE** to the freezer

Keep an eye on fresh fruits and vegetables and freeze them before they spoil.

Use frozen fruit for smoothies or to make a sweet treat.

Add frozen veggies to soups, sauces, and casseroles with your favorite spices and herbs.



### **Did you know?**

Frozen fruits and vegetables are affordable and packaged right after picking to maintain their freshness all year. Having them on-hand makes it easy to incorporate more into meals and snacks.

## More Ways to Increase Fruits & Veggies!



### Let kiddos have a say in picking produce

This can help increase excitement about trying new foods and dishes.

Take them to the store with you.

Let them practice spelling by adding their favorite fruits and vegetables to the shopping list.

### Select choices your family loves and build upon favorite foods

Keep track of and stock your family's favorites – and encourage them to eat more fruits and vegetables at each eating occasion.

Mix frozen blueberries with yogurt.

Enjoy peanut butter in celery “boats” sprinkled with raisins for a snack.

Add frozen peas to pasta at dinner.



### Keep complementary flavors on hand

Dried spices and herbs can be stored long-term. Use them to make fruits and vegetables next-level delicious.

Flavor apples and peaches with cinnamon.

Top broccoli and tomatoes with Italian seasoning.

### Safely feed your littlest family members

When your baby starts eating solids, choose produce options with no added sugars or sodium. Purée, mash, or cut them, based on the child's developmental stage, to avoid choking.

Keep portions age-appropriate by heating only 1 or 2 pieces of frozen veggies at a time. Bonus: Avoid food waste!

Introduce new foods with favorite foods or those mild in flavor like avocados.

