

Eating Fruits and Vegetables all Year

Why Frozen or Canned Produce is a Good Choice

Not all produce is in season throughout the year. This can make it a bit more difficult to always find your favorite fruits and vegetables at affordable prices. However, frozen and canned produce are great alternatives to help you eat your 5 servings of fruits and vegetables per day, all year round. Here's some reasons why frozen or canned produce can be some of the best options for you and your family

For Health:

Frozen and canned produce are 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, rather than in syrup
- Choose canned vegetables that are salt-free, and season them to taste
- If you only have salted, canned vegetables, rinse them in water before preparing them in your meal

For Savings:

Frozen and canned produce often cost less than fresh fruit and vegetables.

For Convenience:

Frozen and canned produce:

- Are always in season
- Offer lots of choices
- Are easily stored
- And are already washed and cut to be ready in your favorite recipes

Tips and Ideas for Frozen and Canned Produce

Add frozen and canned vegetables into:

- Chili
- Soups or stews
- Stir-fry
- Pasta sauce
- Casseroles
- Smoothies (specifically spinach)

Add frozen and canned fruits to:

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

Remember that frozen and canned produce can also work well as simple side dishes for your main course!

Final Considerations

For more information about healthy eating and active living resources, please email 5210healthywashoe@nnph.org.