

TIPS FOR STOCKING AND EATING FRUITS & VEGETABLES

We must all be prepared to stay at home for extended periods of time to prevent the spread of COVID-19. This means less frequent trips to the grocery store. But try to make sure you are getting enough fruits and vegetables every day to support a healthy diet. Here are tips to help maintain a balanced diet.

1

GO FOR FROZEN

- If you are concerned about the shelf life of fresh fruits and veggies, **choose frozen varieties**—they are convenient, nutritious and often cheap. Frozen fruits and veggies are picked and frozen at the peak of ripeness to preserve their flavor and nutrients. They can last for several months in the freezer.
- **Watch out for added sugar and salt.** Choose frozen fruit with no added sugar. Look for frozen vegetables without added salt or look for products that are labeled low sodium.
- **Be careful with products that have seasonings or sauces.** These can pack a lot of extra salt. Instead, season them yourself with herbs and spices.

2

CHOOSE CANNED

- **Choose canned vegetables.** Look for varieties that have “**low-sodium,**” “**reduced-sodium,**” or “**no-salt-added**” on the label. Drain and rinse canned veggies to cut down on the salt even more.
- **Choose canned fruit.** Watch out for added sugar and choose varieties that say “**packed in its own juices,**” “**packed in 100% juice,**” “**unsweetened**” or “**no added sugar**” on the label.



3

MAKING THE MOST OF FRESH

- **Choose sturdy fruits and vegetables** that last a long time, such as celery, broccoli, cauliflower, onions, potatoes, oranges and apples.
- You can also buy fresh fruits and veggies and freeze them yourself. The best vegetables to freeze are those that do not contain a lot of water, such as corn, broccoli, cauliflower, carrots, green beans and winter greens. Drop them in boiling water for 2-3 minutes before freezing to help preserve them.
- You can also freeze fruits. Peeled bananas from the freezer make a great starter for smoothies. Frozen grapes are a healthy treat.

4

OTHER TIPS

- Whether fresh, frozen or canned, **make half of your plate fruits and vegetables.**
- Mix it up, and try to **include a colorful variety** of fruits & veggies in your meals every day.

Some foods may be difficult to find and some foods may be too expensive. But do the best you can with what you can get.