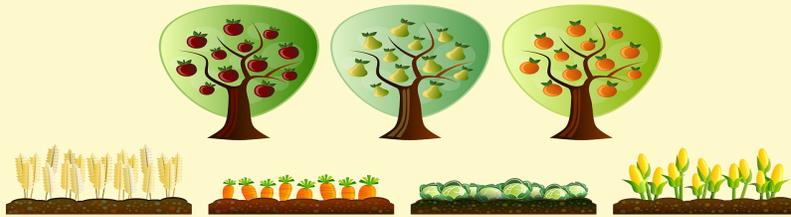


Smart Shopping for Fruits and Vegetables



Written by:

Jenni Lee (Dietetic Intern)

222 Lake Drive

Newark, DE 19702

SNAP - Supplemental Nutrition Assistance Program

Delaware Seasonal Pro-

Month : Fruit/Vegetable:

January- Turnips

March:

April Asparagus, Mushroom, Spinach

May Parsley, Snow peas, Strawberries

June Celery, Cucumber, Blueberries

July Cantaloupe, Cabbage, Carrots

August Eggplant, Broccoli, Peaches

September Collard greens, Okra, Pears

October Lima Beans, Peppers, Tomatoes

November Pumpkins, Parsley, Kale

December n/a

4 Tips: Sensible Buying Fruits and Vegetables

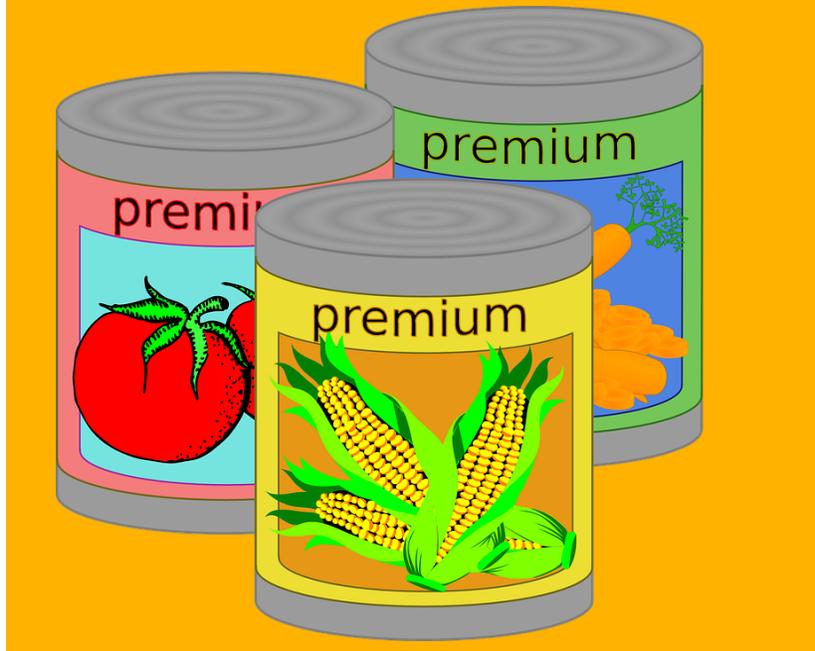
1. **Celebrate the season:**
 - Purchase fruits and vegetables in season to avoid overpaying.
2. **Why pay full price?**
 - Check local store ads to find the best value
3. **Persist with your list:**
 - Come prepared to the market with a list. Plan meals ahead of time.
4. **Compare Canned vs Frozen vs Fresh Prices**
 - Check local ads ahead of time to compare fresh, frozen and canned fruit and vegetable prices.
 - When purchasing canned, be sure to check sodium content and added

Retrieved from: [ChooseMyPlate](http://ChooseMyPlate.gov)

Retrieved from: [Farm Flavor](http://FarmFlavor.com)



Always check local store ads to ensure you are buying produce at the lowest price available.



Fresh VS Frozen VS Canned Fruits and Vegetables

Fresh fruits and vegetables don't have to be expensive if you buy in season.

Frozen fruits and vegetables are packed and frozen within hours of harvesting, so that the nutritional value and flavor is not affected. When preparing frozen vegetables, try steaming vegetables in the microwave or cook on the stovetop. Avoid boiling to preserve nutrients.

Canned fruits and vegetables are still nutritious! Choose 100% fruit with no added sugars and vegetables with no salt added. Remember to drain the water and rinse the product before consuming to help remove excess salt and sugar.

All choices whether fresh, frozen or canned can be healthy choices!

Retrieved from: [American Heart Association](#)

Follow us on:



@FoodBankofDE

Visit our website:

www.fbd.org



This institution is an equal opportunity provider.