

# Beyond Fresh

Get the most out of your fruits and vegetables in every form



## FRESH

1

**Shop seasonal produce.** In-season fruits and vegetables are easy to get, have more flavor, and are usually less expensive.

2

**Buy small amounts more often.** This ensures you can eat the foods without throwing any away.

3

**Save for later.** For longer storage life, boil fresh vegetables and firm fruit (apples and pears) for 2-3 minutes, immediately put into cold water with ice for 2-3 minutes, and store them in the freezer afterwards.



## CANNED

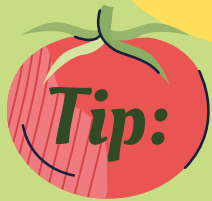
### ***Skip the added salt and sugar!***

Look for these descriptions on the can:

"no salt added"  
"reduced sodium"

"packed in its own juices"  
"packed in 100% juice"

"unsweetened"  
"no added sugar"



**Tip:**

***Rinse canned vegetables before eating to reduce the salt content.***

## FROZEN

### ***Pass on vegetables with sauces.***

Choose plain vegetables over options with sauces to avoid unnecessary saturated fat and sodium. Season them at home with flavorful herbs and spices.

### ***Check the label for added sugars.***

Frozen fruit comes in both sweetened and unsweetened varieties, so make sure to choose unsweetened to avoid unwanted sugars.

