Best Buys

- Buy fruits and vegetables in season for the best flavor and nutritional value.
- Buy frozen fruits and vegetables in resealable bags, not boxes. Pour out only as much as you need.

Food stamps help people with little or no income buy food. To find out more, contact a county food stamp office or a county Extension office. This material was funded by these agencies, which are equal opportunity employers.

Grab & Go

To eat more fruits and vegetables, add them to a favorite food.

Pizza

[Please]

Spinach
Bell Peppers
Black Olives
Tomatoes
Mushrooms
Pineapple

Onions

Mango
Asparagus
Turnips
Pears
Nectarines
Grapefruit
Cantaloupe
Cabbage

Salad

Baby Carrots
Grapes
Cherry Tomatoes

Leek
Strawberry
Mandarin Orange

Cucumber
Make Every Plate a Rainbow

What vegetable do you get when an elephant walks through your garden? Squash.

Why did the man stare at the can of orange juice? Because it said, "Concentrate!"

What vegetable do you get when an elephant walks through your garden? Squash.

How many vegetables have the word green in their name?

How many vegetables have the word green in their name?

An apple with a peel has more fiber than an apple without a peel.

An apple with a peel has more fiber than an apple without a peel.

Barbara Minnerlopre, Extension Specialist, Poultry, Nutrition and Food Science, and Sondra Parmer, Extension Associate, Family Programs, both with Auburn University.

For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

New May 2006, NEP-122

www.aces.edu

How do you make a soup golden? Add 24 carrots.

How do you make a soup golden? Add 24 carrots.

Plum crazy about fruits and vegetables.

Berries are berry, berry good for you.

Plum crazy about fruits and vegetables.

Berries are berry, berry good for you.

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