

Fruits & Veggies:



Good for
Your Family—
and
for Your
BUDGET!



Get Twice the Value.

Plan for two or more meals from a single item. Use one-half a head of cabbage for cole slaw, the other half for cabbage rolls or stir-fry. Slice half a bag of carrots into sticks for snacks - put the other half into a carrot salad.



fruits & veggies
**more
matters**®

For more food-savings tips, visit
www.fruitsandveggiesmorematters.org