

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.



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

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**more
matters**®

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Stock up on frozen, canned,
dried, and 100% juice.

All forms count! These are great,
healthy options to fresh produce
with a longer shelf life.



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Strawberry Shortcake™
knows that . . .

Strawberries look, smell, and taste delicious! They're very good for you, too, low in calories, high in nutrients. Have them at any time of the day—fresh, frozen, dried, or juice.



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Orange Blossom™
says . . .

Oranges are delicious, high in vitamin C, and a good source of folate and fiber. Orange juice is a favorite beverage, while orange sections or slices are a juicy and tasty snack. Packaged to go, oranges are an anytime food!



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