



Presenting Sponsor



Week 4 Feb. 22-26

Fruits & Vegetables Make a Difference

DID YOU KNOW?

Canned, dried and frozen fruits and vegetables are good options when fresh ones aren't available!

- Look for fruit without added sugar or syrups, and vegetables without added salt, butter or cream sauces.
- Experiment with new types of fruits and veggies. Each time you go to the store, try to pick out one you haven't tried before.
- Try a creative combo like canned pineapple and cottage cheese or top your green salad with dried mangos or cranberries.
- Pre-cut frozen and canned fruits and veggies make it easy to add to smoothies, yogurts, salads and other dishes. Blend frozen peaches or blueberries with yogurt.

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