

# Want to Save Time & Money?



Too busy? You know that eating a diet rich in vegetables and fruits is good for you, but you're constantly on the go. See how you can save time, save money, or both as you strive to meet your needs of 7 – 10 servings of Vegetables and Fruits daily.

## Save Time

- Pick vegetables or fruits that require little peeling or chopping, such as baby carrots, cherry tomatoes, grapes or blueberries.
- Prepare extra vegetables, and freeze leftovers for quick sides. Simply reheat and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.

## Save Money

- Take advantage of in-store promotions, and purchase fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.



## Save Time & Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, or frozen vegetables and fruit.

*Little Effort,  
Huge Results.*

Adapted From: Centers for Disease Control and Prevention- Eat More Fruits and Veggies- Fruits & Veggies More Matters



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