



Top 10 Ways to Stretch Your Food Budget with Fruits & Veggies!

- 1. Shop in season.** Prices are normally best when fresh produce is in season, like berries in June or squash in the fall. Ask our produce associates for help.
- 2. Store fresh produce properly as soon as you get home.** While it won't reduce the price you pay, you'll avoid waste.
- 3. Try switching less-expensive veggies with meat in your recipes.** Think "vegetable stew with beef" instead of beef stew with vegetables. Got the idea?
- 4. 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.
- 5. 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.
- 6. Get back to basics.** Instead of an expensive dinner out, why not a good, old-fashioned dinner at home? Fall is a great time to rediscover the feel-good flavors of vegetable stews, baked apples and pears, seasonal squash, and more. Looking for recipes? Visit www.fruitsandveggiesmorematters.org/?page_id=10.
- 7. Plan for leftovers.** Homemade soup is a healthy and tasty way to use fall vegetables. Make a big batch and freeze leftovers in small, lunch-size containers.
- 8. Don't shop hungry!** Snack on a piece of fruit or some fresh veggies before you head out to the store.
- 9. Taste like *this* doesn't come out of a jar.** Creating your own fresh salsas for dipping with snacks or topping meat dishes is economical. Here's a link to 40 great salsa recipes: www.fruitsandveggiesmorematters.org/?page_id=34.
- 10. Do the math.** Fruits and veggies aren't budget-busters. Compare the price of a small bag of chips to an apple, a cup of grapes to a couple of cookies, or a banana and glass of orange juice to a breakfast muffin. Fruits and veggies are more economical, and, dollar for dollar, provide you with better nutritional value.



September is National Fruits & Veggies—More Matters® Month. Adding more fruits and veggies to your shopping list can be good for your budget as well as your family's health! Here are some great ways to get you started!



For more ideas on how to include more fruits and vegetables in your family's fall meals, visit www.fruitsandveggiesmorematters.org. Helping Moms and their families to be at their very best!