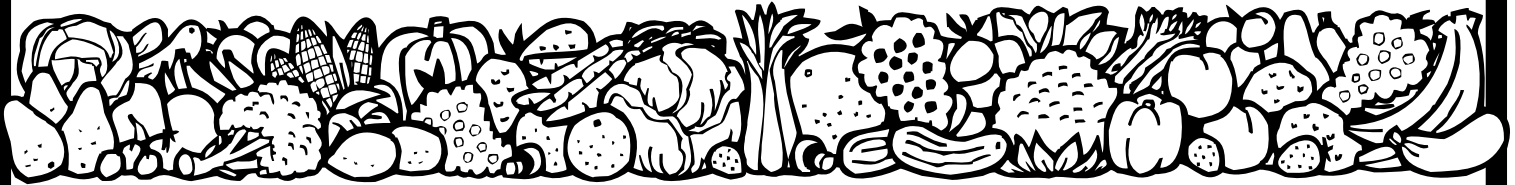


# Best Buys in Vegetables and Fruit



- ◆ Eat at least one dark green and one orange vegetable each day.
- ◆ Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- ◆ Have vegetables and fruit more often than juice.

## Fresh

Save by buying...

- ✓ fresh Ontario vegetables and fruit.
- ✓ apples, oranges, and potatoes in pre-packaged bags rather than individually. (Try different recipes to use them before they spoil.)
- ✓ at local pick-your-own farms.

### Tips!

Buy dark green and orange vegetables and fruit for the best nutritional value.  
Store vegetables and fruit properly so they will not spoil too quickly.

## Frozen and Canned

Save by buying...

- ✓ frozen vegetables and fruit in bags rather than in boxes.
- ✓ peas, corn, green beans, mixed vegetables and spinach for the best buys in frozen products.
- ✓ “no name” or store brand frozen products.

### Tips!

Canned and frozen vegetables and fruit are a better buy when vegetables and fruit are not in season.

Compare the price of canned products using unit pricing to find the best buy.

## Juices

Save by buying...

- ✓ juices made from 100% pure frozen juice concentrate. They are an excellent value and nutritious.
- ✓ juice in large containers instead of small “juice boxes”.

### Tips!

100% pure unsweetened juice is healthier than a fruit drink or punch.

Once opened, keep juice in a closed container in the fridge to prevent loss of vitamin C.