

Get Smart



On a Budget

Fruits and veggies don't need to break the bank. *Get Smart!* It's easy to include more without spending more. Remember, all forms count, so look for weekly specials throughout the store and try these other tips for including MORE.



Sale sleuth: Let your kids scan the circulars for sales in all forms: fresh, frozen, canned, dried and 100% juice. With a portion of the savings, let them pick out a new book (or other prize)!



Shop and chop: Buy fresh produce and chop immediately yourself. Store in the fridge so you can throw veggies into a bowl for the same convenience as pre-chopped packages—with much less cost!



Sacks 'n packs: Buy produce in bulk for a cost-efficient trip. Make double the dish and freeze half for an ultra-convenient dish down the road!





Avoid the dinner doldrums:

Seasonal fresh fruits and vegetables are often less expensive than those from different climates. So, take advantage of seasonal produce in planning your meals!



From the fridge to the freezer:

Freeze uneaten portions of fresh vegetables, by dicing, blanching and placing in small containers. Use later in Western omelets, chicken and broccoli stir-fries or good old-fashioned beef stew.



Multiply and divide: Prepare dinner meals (casseroles, pasta dishes and soups) by doubling the veggies and reducing the meat, as veggies are often less expensive. Add beans for extra low-cost protein.

Download this pamphlet and other nutrition and physical activity materials at www.maclearringhouse.com.



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