



America's

more matters pledge

Fruits & Veggies . . . Today and Every Day!

FruitsAndVeggiesMoreMatters.org

LET'S
MOVE!

SAVE MONEY With Fruits & Veggies . . . Today and Every Day!

Whether you are trying to save money, eat more fruits and veggies, or eat healthier, bringing leftovers for lunch is a great idea. Incorporating fruits and veggies into those leftovers in every way possible is an even better one. Here are a few tips to help you turn yesterday's meals into something new and exciting.

- Cook in large amounts and freeze leftovers. Homemade soup is a healthy and delicious way to use fruits and vegetables. Make a big batch and freeze leftovers in small, lunch-size containers. Try butternut squash, mushroom and barley, or carrot and apple soups. Extra potatoes left over from last night's dinner? Mash them into your soup to enhance the creamy consistency. Extra broccoli? Purée it, add milk, and heat to make a broccoli soup.
- Add new fruits and vegetables to leftovers to spice them up in a different meal for the next day. Use leftover chicken breast with fresh vegetables to make a stir-fry or a tossed salad.
- Get creative with your leftover fruits and vegetables. Make salsa from your tomatoes and freezer jam made from your fruits! If you have a couple slices of tomato leftover, don't throw it away; rather, save it for an omelet in the morning. Grill extra vegetables and use them in a vegetarian sandwich the next day.
- Clearly label your foods in the freezer or refrigerator with the contents and date to stay within a safe and tasty time frame.



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TIP: If you are dining out as a family, order one dish for your children to share to minimize leftovers or waste. Also, don't forget to order the fruit or vegetable side dish!

For more ideas on how to include more fruits and vegetables in your family's meals and snacks, visit www.FruitsAndVeggiesMoreMatters.org, helping moms and their families be at their very best, today and every day!