



FRESH is fun.
FROZEN is fantastic.
CANNED counts.

HAVE YOU
 HAD YOUR
5+ TODAY?
2 FRUITS
3 VEGGIES

Eat 5 fruits and vegetables each day.
 Half of your plate should be filled with
 fruits and vegetables at each meal.

THINK
 HEALTHY
 THINK
COLOR

FRESH fruits and vegetables don't have to be expensive if you buy them in season and many are in season year round. To learn more, visit www.sdharvestofthemonth.com

FROZEN fruits and vegetables are packed and frozen within hours of harvest, so they don't lose their flavor or nutritional value. Try steaming vegetables in the microwave or stovetop rather than boiling to keep in more nutrients.

CANNED fruits and vegetables often get a bad rap but they are still nutritious. Choose 100% fruit juice with no added sugar and vegetables with no salt added. Remember to drain the water, juice, or syrup and rinse with water to help remove some of the extra sugar and salt.

