

Fruits and Vegetables Year-Round

For health:

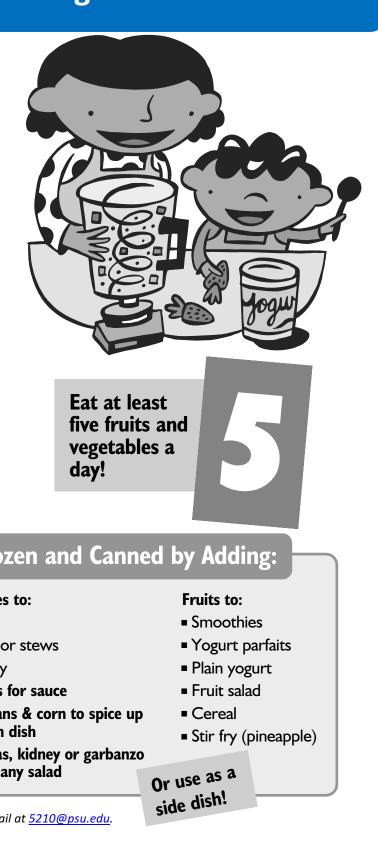
- Just as good for you as fresh fruit and vegetables-nutrients are preserved in the canning and freezing process
- Choose fruit packed in their natural juice, not in syrup
- Choose canned vegetables that are salt free and season to taste

For savings:

Cost less than fresh fruit and vegetables

For convenience:

- Always in season
- Lots of choices
- Easily stored
- Already washed and cut—ready for your favorite recipe



Use Frozen and Canned by Adding:

Vegetables to:

- Chili
- Soup or stews
- Stir fry
- **Tomatoes for sauce**

Black beans & corn to spice up a Mexican dish

Chick peas, kidney or garbanzo beans to any salad

For more information visit us at https://5210.psu.edu or email at 5210@psu.edu.



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