

Ways to Stretch Your Food Dollar



- Buy canned, dried, and frozen foods as well as fresh.
- Buy fruits and vegetables on sale.
- Plan to eat the more perishable fruits the first few days after you buy them, harder fruits can last until later in the week.
- Buy whole melons and other fruits and cut them up yourself.
- Buy fruits and vegetables in season.
- Shop at a Farmer's market.
- Plant a garden.
- Pick your own produce at local farms or orchards.
- Add chopped vegetables to casseroles to make them go farther.
- Add canned fruit to fresh fruit salad.

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What is a serving of fruits & vegetables?

All varieties of fruits and vegetables: fresh, frozen, canned, dried and juice count toward 5 a day, and a serving is smaller than most people think.

One serving is...

- One medium fruit such as an apple, orange or banana.
- 1/2 cup cut up fruit.
- 1/4 cup dried fruit.
- 3/4 cup or 6 ounces fruit or vegetable juice.
- 1/2 cup raw or cooked vegetables.
- 1 cup raw leafy vegetables.
- 1/2 cup cooked beans or peas.

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