Give Your Family More of the Good Stuff!

Berry Basics
Blueberries, Blackberries and Raspberries

All Forms Count!

Clean berries. Pick out any green, mushy or moldy berries. Place berries in a strainer and rinse fully. Pat berries dry with a paper towel or lay out on a shallow pan to dry fully.

Refrigerate washed or thawed frozen berries for up to 5 days. Thawed frozen berries will also keep in your fridge for 5 days.

Freeze washed and fully dry berries in a freezer-safe container or re-sealable plastic bag. For the best quality, use berries within 8 to 12 months. Label the container or bag with the date and quantity using a marker and tape.

Shop and Save
- Berries are in season, and might cost less, from about July to September. Buy extra and freeze for later.
- Choose firm, plump, full-colored berries. Avoid green berries as well as mushy berries with any mold.
- Packages should be free of liquid. Flip over the package and check the bottom too.

Eating Berries? Fresh or Frozen – the health benefits are the same!

Berries provide vitamin C and fiber. They’re also rich in antioxidants, which may protect cells in your body.

When fresh berries aren’t in season, buy frozen. They’ll cost less, and will keep for 8 to 12 months. Frozen berries work great folded into bread, muffin, or pancake batter. Or use them in smoothies, or eat them as a snack.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 1-800-723-3638. USDA is equal opportunity provider and employer.
### 1. Overnight Oatmeal

**Ingredients**
- 1 cup old-fashioned rolled oats (raw)
- 1 cup low-fat yogurt
- ½ cup non-fat or 1% milk
- ½ cup berries, fresh or frozen
- ½ cup chopped apple

**Directions**
1. In a medium bowl, mix oats, yogurt, and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Serve scoops of oatmeal in small dishes, or spoon into small containers with lids for grab-and-go breakfasts.
5. Refrigerate leftovers within 2 hours.

**Yield:** 4 servings, almost 1 cup each

**Prep time:** 15 minutes

**Chill Time:** 6-12 hours

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### 2. Super Sundae

**Ingredients**
- 1 cup vanilla low-fat yogurt
- ⅔ cup canned chopped peaches
- ⅔ cup fresh or frozen blueberries
- 2 tablespoons granola

**Directions**
1. Divide yogurt between 2 glasses, cups or bowls. Clear glass works well.
2. Spoon half of the peaches and blueberries on top of each serving.
3. Sprinkle each sundae with granola, and enjoy!
4. Refrigerate leftovers within 2 hours.

**Yield:** 2 servings, 1 cup each

**Prep time:** 5 minutes

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**Quick Ways to Use Berries**
- Add berries to cold cereal or hot whole-grain cereal like oatmeal.
- Fold berries into bread, muffin, or pancake batter.
- Top green salads with berries.
- Eat fresh or frozen berries as a snack.