

# MORE

Food  
Servings  
Convenient  
Colorful  
Nutritious  
Vitamin A  
Vitamin C  
Fiber

4 bananas	
3 apples	\$ 1.00
3 pears	1.00
3 oranges	1.00
1 bunch broccoli	1.00
10-12 carrots	.80
1 pound raisins	.90
Applesauce (jar)	1.80
Frozen orange juice	2.50
Ranch dressing	1.30
TOTAL	\$13.00



Buy fruit and vegetables when they are in season. They are much tastier and cheaper.

Try all varieties -- fresh, canned, frozen, dried and 100% juice.

Be a good role model by eating fruit and vegetables yourself!

Involve children in food preparation. It makes the food more familiar and kids are more likely to try it.

Want your kids to reach for a healthy snack? Make sure fruit and vegetables are cut and ready to eat.

Let your kids be "produce pickers." Help them pick fruits and vegetables at the store or market to eat at home.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777



## Choose MORE HEALTH for Your Money

# More Health for Your Money

Savings add up when you eat fruit and vegetables for snacks



**What a bargain!**  
Buy an apple, orange and pear for just a dollar.

Wash fruit and vegetables with clear, running water right before preparing or eating for highest quality.

**Buy a large box or bag of raisins instead of tiny individual boxes.**

*Put snack size amounts in individual baggies. Dried fruit makes an easy “take-along” snack. Because they are dried, ¼ cup is equivalent to ½ cup of other fruit.*

**Buy a large jar of applesauce instead of individual cup servings to save money.**

**Buy a large bottle of lowfat Ranch dressing instead of individual small cups for dipping raw broccoli, peppers, cauliflower, celery and carrot sticks.**

A “packaged” snack for only a quarter!

