



Give Them More  
of the  
Good Stuff!

## Pineapple Basics

*Pineapple is packed with vitamin C  
and other antioxidants that may  
protect cells in your body.*



### Shop and Save

- ✿ Pineapple is a delicious tropical fruit that's available year-round. It may have the best flavor from March to July.
- ✿ Choose a pineapple that feels heavy for its size and firm, but not hard. Look for green leaves and yellow color on the bottom half. Smell the base for a sweet aroma.
- ✿ Avoid pineapples with soft spots, brown leaves or a sour smell. They may be overripe.
- ✿ Whole pineapples are usually fresher and more affordable than pre-cut.
- ✿ Canned or frozen pineapple may also be budget-friendly options. Choose canned pineapple packed in 100% juice or water to avoid added sugars.

### Store Well Waste Less

- ✿ Whole pineapples last 2 to 3 days at room temperature or up to 5 days refrigerated in a plastic bag.
- ✿ Store cut pineapple in an airtight container in the fridge for up to 4 days. For longer storage, freeze

pineapple pieces on a baking sheet until firm, then place in an airtight freezer container. For best quality, use within 6 months.



### How to Prepare Pineapple:

1. Rinse and scrub the pineapple under cool running water before cutting.
2. Cut off the crown and base with a large knife and throw away or compost.
3. Stand the pineapple upright. Working top to bottom, slice off the skin. Then remove any pieces of skin left behind.
4. Cut the pineapple in half lengthwise. Halve each piece again to create four quarters.
5. Slice the firm core off each quarter.
6. Slice the soft fruit to use the way you want.





# Enjoy Pineapple

## Pineapple Salsa

### Ingredients:

- 3 cups chopped **pineapple** (fresh or canned)
- 1 medium **red bell pepper**, chopped fine
- 1/2 cup finely chopped **red onion**
- 1/2 to 1 **jalapeño pepper**, chopped fine
- 1/4 to 1/2 cup chopped **cilantro**
- 3 Tablespoons **lime juice**
- 1/4 teaspoon **salt**

### Directions:

1. Wash hands with soap and water.
2. Rinse or scrub fresh pineapple and vegetables under running water before preparing.
3. In a medium bowl, combine all ingredients.
4. Cover and refrigerate until ready to serve.
5. Refrigerate leftovers within 2 hours.

### Notes:

- ✿ Serve with whole grain corn chips or Food Hero Baked Tortilla Chips.
- ✿ No jalapeño pepper? Use any type of fresh or dried hot pepper you like.
- ✿ Try adding other vegetables and fruits such as chopped cucumber or mango.

**Makes** 4 cups

**Prep time:** 10 to 15 minutes

## Tropical Carrot Salad

### Ingredients:

- 2 cups shredded **carrots** (2 to 3 carrots)
- 1 cup unsweetened **pineapple tidbits**, drained
- 3/4 cup **raisins**
- 1/4 cup low-fat **plain yogurt** or mayonnaise
- 1/4 cup **sunflower seed kernels** or slivered almonds

### Directions:

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a medium serving bowl, combine carrots, pineapple and raisins.
4. Stir in yogurt and nuts or seed kernels. Cover and refrigerate until serving.
5. Refrigerate leftovers within 2 hours.

### Notes:

- ✿ Save leftover pineapple and juice in the refrigerator for a few days, or freeze for longer storage.
- ✿ Leftover pineapple can be used in smoothies, fruit salads and more. Try using in Food Hero's Tropical Smoothie or Creamy Fruit Salad.

**Makes** 4 cups

**Prep time:** 10 minutes

Visit  
FoodHero.org  
for more easy,  
delicious  
recipes using  
pineapple.



**Kids  
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ **rinse or scrub fresh pineapple and vegetables.**
- ✿ **measure and mix ingredients.**

## Creative Uses for Pineapple:

- ✿ Blend into smoothies or freeze for popsicles.
- ✿ Add to baked goods or savory dishes for a sweet twist.
- ✿ Make fruit salsa!