

FRUIT FORWARD

BUILDING HEALTHY COMMUNITIES



Use these simple shopping tips to help you choose the best options for your family, routine, and budget!

BUYER'S GUIDE:



FRESH

- Offers incredible taste and variety throughout the year.
- For best flavor and lowest cost, follow the seasons: eat berries in the summer, apples in fall, citrus in the winter.
- Apples and oranges have the best staying power. Keep them in the refrigerator and they'll stay fresh for weeks.
- For fruits that don't last long, freeze whatever you won't eat right away. Larger fruit, like bananas, can be cut into chunks first and then frozen.



FROZEN

- Provides easy, year-round options with minimal prep.
- Stock up on different varieties when they're on sale. Then just thaw in the fridge overnight, or pop frozen fruit directly into the blender for a smoothie.
- When the weather is hot, keep kids cool with a snack of frozen grapes or berries (making sure the pieces are small enough to avoid choking hazards), or freeze smoothies to make popsicles.



DRIED

- Perfect for convenient and healthy snacks on the go.
- Fruit bars and dried fruit can be ordered online when you want to stock up. When possible, try to avoid those with juices, purees, concentrates, or added sugars.
- Go beyond raisins! Expand your horizons with mango, strawberries, or fig.
- Shelf-stable and easily portable, making them one of the most convenient ways to consume fruit.
- Allergen-free options make safe school snacks.



CANNED

- Has amazing lasting power and requires no refrigeration.
- Canned fruit remains shelf stable for years, so consider buying extra when your favorite variety is on sale.
- To avoid added sugar, look for fruit packed in water or 100% juice rather than syrup.
- Try adding canned fruit to plain yogurt for a refreshing and filling breakfast.

