Fruits and vegetables are an essential part of a healthy diet. Use your fruit and veggie check to buy fresh or frozen fruits and vegetables.

Buy fresh fruits and vegetables in season (see back to see what’s in season now)

Buy whole fruits and veggies instead of pre-cut or pre-packaged forms, such as bagged lettuce

Buy store brand frozen fruits and vegetables - Similar in taste and nutrition to name brands

Limit waste - Plan to use fresh produce within a few days of purchase and frozen fruits and vegetables later in the week

Do the math - Buying large bags of fresh produce might be less costly than buying individual pieces

Buy in bulk - Large bags of frozen fruits or veggies often cost less per ounce than smaller bags

Frozen vegetables are fast and easy to prepare and are often less expensive. Tips for using frozen vegetables:

- Use when time is tight. They heat up in a few minutes in the microwave.
- Use in any recipe that calls for fresh or canned.
- Add to soups, stews, casseroles, rice and pasta dishes even if the recipe doesn’t call for it. Remember, more matters!
- Pull out only the amount you need to prevent waste.

Shop Smart Tips for getting the most produce for your dollar:

- Buy fresh fruits and vegetables in season (see back to see what’s in season now)
- Buy whole fruits and veggies instead of pre-cut or pre-packaged forms, such as bagged lettuce
- Buy store brand frozen fruits and vegetables - Similar in taste and nutrition to name brands
- Limit waste - Plan to use fresh produce within a few days of purchase and frozen fruits and vegetables later in the week
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Eating with the Seasons

Your family’s connection to the seasons can be as simple as the food on your plates. What better way to teach children about the changing seasons than by letting them see those changes in their food? Here are some of the wonderful benefits to eating according to the season:

- Fruits and vegetables taste best and cost less when they are in season.
- In season produce can be picked riper and won’t lose flavor or nutrients in storage.
- Meals are simpler because really fresh produce tastes great without much work.

**spring**
- Apricots
- Artichokes
- Asparagus
- Avocados
- Beets, beet greens
- Blueberries
- Carrots
- Cauliflower
- Chard
- Fava beans
- Green onions
- Lettuce & salad greens
- Navel oranges
- Peas: English peas, snow peas, sugar snap peas
- Radishes
- Raspberries
- Rhubarb
- Strawberries
- Spinach

**summer**
- Avocados
- Berries
- Carrots
- Corn
- Cucumber
- Eggplant
- Figs
- Garlic
- Green beans, wax beans
- Okra
- Onions
- Melons
- Nectarines
- Peaches
- Peppers
- Plums
- Summer squash
- Tomatoes

**fall**
- Apples
- Asian pears
- Beans for shelling
- Broccoli
- Brussels sprouts
- Cranberries
- Grapes
- Leeks
- Mushrooms
- Pears
- Persimmons
- Pomegranates
- Radicchio
- Peppers
- Sweet potatoes

**winter**
- Broccoli
- Broccoli rabe
- Cabbage
- Cauliflower
- Celery
- Citrus fruit: oranges, grapefruit, lemons, tangerines
- Endive
- Leafy greens: chard, kale
- Parsnips
- Rutabagas
- Turnips
- Winter squash

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