



Wellness Buddy Wednesday Tip



September is National Fruits & Veggies—More Matters Month!

The first step to eating more fruits and vegetables each day is having them around to eat. The following shopping tips can help you keep plenty of fruits and vegetables at home and pack some for a healthy lunch, too.

- ◆ Pick fresh fruits and vegetables that are in season or grown locally. They taste better and stay fresh longer.
- ◆ Stock up on fresh fruits and vegetables that last a week or more in the refrigerator. Examples: apples, melons, grapes, nectarines, oranges, pears, blueberries, cherries, broccoli, Brussels sprouts, beets, cabbage, cauliflower, onions, rutabaga, and turnips.
- ◆ Consider frozen vegetables and fruits. They are already cut up. And they last in the freezer for several months. Frozen are just as good for you as fresh.
- ◆ Stock up on canned beans for easy side dishes. Try pinto beans, black beans, black-eyed peas, kidney beans, chick peas, and low-fat baked beans.