

EVERY BITE COUNTS

Finding ways to include fruits and vegetables into your family meals is not only healthy; it's fun and easy when we do it together.

Make healthy meals together, go to
EVERYBITECOUNTS.DHSS.ALASKA.GOV



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FIND FRUITS AND VEGETABLES IN THE PRODUCE SECTION, FROZEN FOODS, AND IN THE CANNED AND PANTRY FOOD AISLES. COMPARE PRICES TO FIND THE BEST BUYS.

- **Buy in-season produce.** They are usually less expensive and are at their peak flavor. Buy only what you can use before it spoils.
- **Try buying canned.** Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label. Quality, canned produce are just as nutritious as fresh fruits and veggies, and often cost less.
- If you have the freezer space, **buy frozen fruits and vegetables without additives.** They are as good for you as fresh and may cost less.
- Canned and frozen fruits and vegetables **last much longer than fresh.**

IN THE PACKAGE OR OUT?

- Refrigerated vegetables should be left unwashed and stored in their original bag or packaging.
- Fruits and vegetables stored at room temperature, like bananas, apples, or tomatoes, should be taken out of their package and left loose.



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