

# Frozen Fruits & Vegetables 101

Did you know that frozen fruits and vegetables are just as nutritious as fresh produce because they're picked at their peak ripeness? Choosing frozen fruits and vegetables at the store can be an easy way to increase fruit and vegetable intake, create new recipes, and stock up your freezer.

## Why Buy Frozen?

- Often cheaper and can help you eat healthier on a budget
- Can last longer than fresh produce and help you reduce food waste
- Easy to work into your favorite recipes
- Requires little to no preparation so saves you time in the kitchen



## Ways to Use...

### Frozen Fruits

- Add a handful of frozen fruit to plain yogurt or a smoothie.
- Use in place of ice cubes to flavor your water.
- Cook into whole grain pancakes or waffles or use as a topping.
- Simply eat them as a snack! Enjoy seasonal fruits during off-seasons.

### Frozen Veggies

- Steam, broil, bake, or even microwave them for a great side dish.
- Add to your favorite stir fry, casserole, pasta, or chili to save time on preparation.
- Add a handful of frozen vegetables to a smoothie.