



National Fruit and Vegetable Month

More than 90 percent of both adults and children do not eat the recommended amount of fruits and vegetables.

Focus your attention on eating more fruits and vegetables. Everyone can benefit from eating just one more serving. Remember two things; fill half your plate with fruits and vegetables at every eating occasion including snacks. All forms count towards your daily intake, fresh, frozen, canned, dried, and 100% juice.

Fruits and Vegetables on a Budget

Getting More for Your Money

With careful meal planning, smart shopping, and a few tweaks in storage and preparation techniques, you can make the most out of your family's budget by always including fruits and vegetables in your meals. They're an excellent value for the money! Below are some tips to get the most for your money from fruits and vegetables.

Meal Planning to Fit Your Budget

Preparing meals and eating at home saves money and gives you the opportunity to enjoy meals with your family. But if you're busy, how do you do this? **PLAN AHEAD!** By planning ahead, you'll save time and be less likely to resort to prepared or take-out food that costs more.

- Make a list, and stick to it to avoid spending money on unnecessary items.

- Include frozen, canned, and dried forms of fruit and vegetables on your list. They are all nutritious and handy for quick-fix meals.
- Plan for fruits and vegetables to be the center of the plate and then add protein and grains.
- Plan meals around fruits and vegetables that go a long way. Plan to include fruits and vegetables you can grab as quick snacks or turn into soups and casseroles that you can eat a couple of times during the week.

Shopping and Sticking to Your Budget

- **Buy in season.** Although most fresh fruits and vegetables are available year-round, some are less expensive when they are in season.
- **Buy more.** When there are specials on fruits and vegetables, buy extra. They can be frozen, or you can prepare a dish to be frozen for a busy night's dinner.
- **Don't shop when you're hungry.** You may be tempted to buy items not on your list.
- **Comparison shop.** The larger size is not always the best price.
- **Limit or avoid expensive snack foods, desserts and soft drinks** that provide little or no nutrition value for your money.

Preparing: Adding Variety While Saving Money

- Prepare more so you have leftovers. Use them for lunch, or create a new dish.
- **Replace half the meat.** Substituting half the meat in a recipe with beans and/or vegetables will reduce fat and increase fiber, as well as save you money.
- **Forget the takeout food.** Keep canned and frozen fruits and vegetables on hand for a quick-fix meal.
- **Use fruits and vegetables as snacks.** It's easy to have fruits and vegetables available as "grab and go" snacks.

www.fruitsandveggiesmorematters.org
By: Produce for Better Health Foundation



Recipe of the Month

Spinach Pesto Pasta Serves 4

Ingredients:

- 1 tbsp olive oil
- 8 ounces fettuccine
- 1 cloves garlic, minced
- 1 cup basil leaves, stems removed
- 3 cups fresh spinach
- ½ cup low-fat, low sodium chicken broth
- ¼ cup Parmesan cheese, grated
- 1 tsp black pepper
- 15oz can of white beans, drained and rinsed
- 1 cup red bell pepper, chopped

Directions:

Cook pasta as directed on package. Drain and place in large mixing bowl. In a blender add oil, garlic, spinach, basil, chicken broth, Parmesan cheese, and black pepper. Blend until leaves are well-blended. Pour sauce over pasta. Mix until well coated. Add beans and red bell pepper. Stir gently and serve.

Nutritional Information:

Calories 360, Total Fat 6g, Cholesterol 5mg, Total Carbs 62g, Dietary fiber 8g, Protein 16g

