

Pears



Selection

Choose fresh, or canned. To check for ripeness apply soft pressure to the neck. If there is a little give, it's ripe!

Storage

Use pears as soon as they are ripe, otherwise, put them in the fridge for up to five days to slow the ripening.

Nutrition Benefits

Fat free. Cholesterol and Sodium free.



Quick Tips:

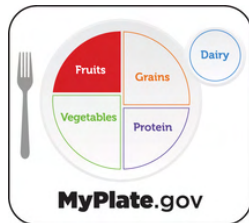
To avoid browning after cutting add a mixture of 50% water and 50% lemon juice.

Recipe Ideas:

Enjoy pears fresh or canned. Add pears to your salad, flatbread, or poach them for a dessert.



Add sweetness to meals with fruit!



Aim for 2 cups of
fruit every day !

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Cranberries



Selection

Buy them fresh, frozen, canned, dried or as 100% juice. When choosing fresh look for firm cranberries that are not shriveled.

Storage

Refrigerate for up to two months or freeze them.

Nutrition Benefits

Fat free. Cholesterol and sodium free.



Quick Tips:

Add dried cranberries to salads and cereal. 100% Juice is an easy way to include more cranberries.

Recipe Ideas:

Make your own trail mix with dried cranberries, cranberry sauce.
Make your own jam and add to toast!

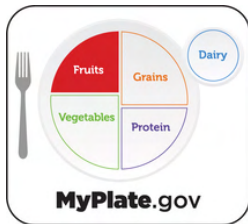


**Choose fruits of all colors
for more benefits. All types
of fruit count!**

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fruit every day !**

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healthy? Visit
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Butternut Squash



Selection

Choose squash that is heavy for its size.

Storage

Store butternut squash in a cool, dark place for up to a month. Once cut, refrigerate!

Nutrition Benefits

Fat free. Cholesterol and Sodium free.
Good source of vitamin C and vitamin A.

Quick Tips:

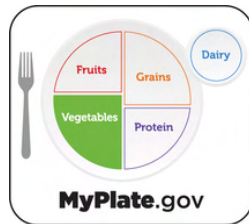
Boil butternut squash to retain the vitamins and minerals. Boil in water for 20 minutes.

Recipe Ideas:

Make butternut squash soup, butternut mac and cheese, or roast into a vegetable salad or side dish.



Leave the skin on for more fiber!



Aim for 3 cups of
veggies every day !

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Source: https://www.nutritionvalue.org/Butternut_squash_525012_nutritional_value.html

Acorn Squash



Selection

Select acorn squash that are heavy for their size. Avoid squash with soft spots or cracks.

Storage

Store acorn squash in a cool, dry area away from sunlight. Acorn squash can stay fresh for up to 3 months.

Nutrition Benefits

Fat free. Cholesterol and sodium free.
Good source of vitamin C.



Quick Tips:

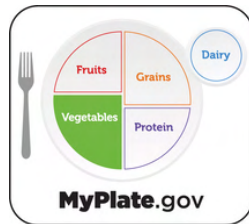
Bake acorn squash at 350 degrees for 35 to 40 minutes or until soft.

Recipe Ideas:

Chop and add to soups and stews or make a stuffing and fill inside squash.



Make half your plate fruits and vegetables!



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Brussel Sprouts



Selection

Choose fresh, firm, bright green heads.

Storage

Refrigerate brussels sprouts in plastic bag up to 1 week.

Nutrition Benefits

Fat free. Cholesterol-free. Very low in sodium. Good source of fiber, vitamin C, K, B-6, copper and manganese.

Quick Tips:

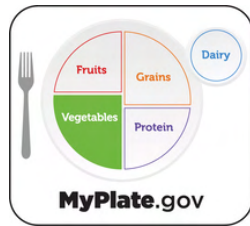
Brussel Sprouts are available frozen and canned in local stores for convenience.

Recipe Ideas:

Steam, roast or sautee brussel sprouts. Shred into salads, or cut into casseroles, soups and stews.



Vary your veggies to keep meals interesting.



Aim for 3 cups of veggies every day !

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