

Stocking Your Pantry

Canned and frozen fruits and vegetables offer good nutrition, convenience, and longer storage time.

There are even some frozen fruits and vegetables that contain more vitamins and minerals than fresh options!

Why? Both canned and frozen fruits and vegetables are picked when ripe, and frozen or processed within hours, preserving their nutrients.

Tips for maximizing your WIC Cash Value Benefits (\$35 per month for each WIC participant over the age of 1)



- If you are purchasing an item to eat now, buy a couple more to eat later.
- Plan to save 50% of your WIC benefits for purchases later in the month. If your benefit is \$35 per month, think of this as spending \$17.50 now and \$17.50 later. For example:
 - Canned fruits and vegetables average about \$.50 per can — this is about 70 cans a month (35 for now, 35 for later).
 - Frozen vegetables can be purchased for about \$1.00 a bag — this is about 35 bags a month (18 for now, 17 for later).
 - Frozen fruits can be found for about \$4.00 a bag — this is about eight bags a month, (four for now, four for later).
- Buy an assortment of frozen and canned fruits and vegetables so you have variety. Make sure you have room in your cabinets and freezer before purchasing!



Shopping Tips:

- Pick canned vegetables with low sodium or rinse vegetables with plain water to reduce the amount of sodium.
- Avoid cans with dents, bulges, cracks, or leaks. This may be a sign of the bacteria that causes botulism.
- Purchase canned foods that can be used for many different recipes. These can include:
 - Tomato paste
 - Corn, green beans, carrots, peas
- Frozen fruits are great for smoothies.



Recipe Tips:

- Tomato paste is often the most important flavoring in dishes, such as chili and tomato sauce.
 - Leftover tomato paste can be frozen in ice cube trays and stored for two months.
- Canned fruits and vegetables can be used to make salsas.
 - Use a can of sliced peaches, diced tomatoes, pineapple tidbits, corn, and black beans mixed with fresh vegetables such as onions and jalapeños. Add 2 tablespoons of lime juice and 2 teaspoons of cumin. Add salt, garlic powder and cilantro to taste and enjoy!

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