



Low-Cost Fruits and Veggies

Eating lots of fruits and vegetables does not have to cost a lot of money. Graham Kerr, a famous chef, focused on fruits and vegetables to keep his food costs down. In one year, his family of four saved \$500 by eating more fruits and vegetables. You can too! Here are some tips:

Go bargain shopping

Compare prices to make sure that you are getting the best deal. Buy fruits and vegetables that are in season when they cost less. Buy fruits and vegetables on sale. Visit the “on sale” counter for fruits and vegetables that may not look pretty but are good for soups and stir-fry.



Freeze the extra

Can't eat all the peaches or strawberries before they go bad? Try freezing them. Peaches and nectarines are easy to freeze. Just put them in boiling water for 30 – 60 seconds. Take them out and the skin will peel right off. Remove the pit, cut them into pieces, freeze on cookie sheets, and place in containers or plastic freezer bags. With berries, all you have to do is wash, freeze, and store them the same way.



Buy canned and frozen

Frozen and canned fruits and vegetables are easy and quick to make. They can also cost less than fresh. Beans can also count toward your goal? Put chickpeas on top of a leafy green salad. Put kidney beans into vegetable soup. Add black beans to a taco or tortilla along with other vegetables. Just ½-cup will give you one serving that has protein, fiber, and other nutrients.



Pick your own fruit

Want a fun and cheap idea for eating more fruits? Go strawberry picking in the summer and apple picking in the fall. It's a great family activity, and you can end up saving money by shopping and playing at the same time.

