

Pick your produce: Fresh, frozen, or canned.

Fresh, frozen, and canned produce can fit into your lifestyle or grocery list differently. So which works best for you? Here's what to be mindful of when shopping for fruits and vegetables.

Fresh

vs.

Frozen

vs.

Canned



Pros

Can be eaten right away and make great snacks.

Price



Consider buying on sale and freezing leftovers.

Shelf life



Enjoy soon after purchase and best when in season.

Ways to enjoy

Eat raw, oven-roasted, and in stir fry.

Keep in mind



Freeze leftover fruits and vegetables before they have a chance to spoil.



Pros

Keeps health benefits while lasting longer.

Price



Look for sale items and buy in bulk if possible.

Shelf life

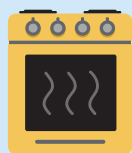


Tastiest and healthiest when eaten within 6–12 months.

Ways to enjoy

Try roasting or in stews, soups, and casseroles.

Keep in mind



Want roasted veggies? Thaw, wash, and dry from frozen before placing in the oven.



Pros

Cuts down on prep time and produces less waste.

Price



Usually the most affordable option available.

Shelf life



Good for planning ahead if you have the shelf space.

Ways to enjoy

Great in soups, chili, or quick-prep recipes.

Keep in mind



Rinse well to reduce added sugar or salt and check labels for added preservatives.