



## **Canned Fruit Tastes Great**

Canned fruits are great foods to have on hand. They help us create quick salads or desserts, or even snacks!

Take advantage of store specials and buy canned fruits when they are inexpensive. They can be stored in cool, dry storage for up to a year, so you can always have some on hand to help you and your family reach '5 a day', five servings of fruits and veggies each day for health.

Canned fruit adds important nutrients to our diets, especially vitamin A and vitamin C.

There are many creative ways to work canned fruit into meals and snacks. Add pineapple to chicken salad, or orange pieces to a crisp green salad.

Drain fruit cocktail, and add it to pudding or yogurt for dessert or salad.

Watch for ways you can put more fruit in your family's day. It will add interest and flavor, and good nutrition, too!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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