



## Choose Fresh Fruit Carefully

Choose fresh fruit carefully and don't buy fruit with cuts, mold or decay. Handle fresh fruit gently because bruising leads to spoilage. Place fruit in your shopping cart where it won't get damaged and then pack it safely for the trip home. We know it is healthy to wash apples, peaches and pears before eating, but it is also important to wash fruit that you peel—such as oranges and kiwi. Wash melons and grapefruit with a vegetable brush to remove dirt, and rinse well before cutting. This prevents bacteria from being transferred from the outside to the inside when cutting through the fruit.

Fruit is most nutritious and best-tasting at its peak—so shop carefully and buy only the amount you can use within a few days.

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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