



# SHOP SMART EAT WELL

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...a quarterly bulletin from CalFresh Healthy Living, UC Placer and Nevada

## Fresh vs Frozen and Canned Fruits and Vegetables

Everybody knows that it is important to eat a variety of fruits and vegetables. But did you know that only 1 in 10 Americans meet their daily goal for fruit and vegetable consumption? Fitting a variety of fresh produce into your budget can be challenging. Remember that **any** form of fruits and vegetables—fresh, frozen, canned, or dried—counts toward the daily goal and can be just as nutritious.

### MYTH:

Fresh fruits and vegetables are better for you than canned or frozen because the processing removes all the nutrients.

### FACTS:

The nutrient content of canned and frozen fruits and vegetables is similar to fresh. In fact, in some cases, it may be higher. Produce to be canned or frozen is processed immediately after harvesting. Nutrient losses are small and not much different than losses that may occur at home with fresh produce. Depending on the produce item, canning and freezing may actually preserve some of the nutrient value and can even increase the availability of some nutrients.



Canned, frozen, and fresh produce are equally economical depending on the time of year, and the specific fruit or vegetable. However, canned and frozen fruits and vegetables are more economical choices, if you find your fresh produce spoiling before you can eat it.

# Keep Canned Food in Your Pantry

Keep canned tomatoes, beans, fruits, and vegetables on hand to quickly create meals or boost the nutrition of recipes. Try adding canned black beans, chick peas, mandarin oranges, beets, or other colorful fruits and vegetables to your next salad. With canned food, much of the prep work has been done for you. The fruits and vegetables are already chopped and ready to use in your recipes.



Stock up on canned food your family will eat, when it's on sale.

- Enjoy good nutrition all year round.
- Lasts longer, so you waste less.
- Make budget-friendly meals fast.

## Quick Minestrone Soup

*This hearty soup is quick and easy to make using frozen and canned vegetables.*

Serves: 6-8

### Ingredients

- 1 pound bag mixed, frozen vegetables\*
- 2 cans diced tomatoes, undrained
- 2 cans (15 oz) beans (kidney, pinto, garbanzo, black, etc.), drained and rinsed
- 1 celery stalk, chopped
- 5½ cups of water, or 3 cans (14.5 oz) vegetable or chicken broth
- ¾ teaspoon dried Italian seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 cup macaroni noodles, uncooked
- Parmesan cheese, optional

### Directions

1. In a large pot, add all ingredients except cheese. Bring to a boil.
2. Cover pot. Reduce heat and simmer for 6-8 minutes, until pasta is cooked.
3. Ladle into bowls and serve with Parmesan cheese (optional).

\*You can substitute your family's favorite vegetables.

**CINDY FAKE**  
COUNTY DIRECTOR

**ROSEMARY CARTER**  
CALFRESH HEALTHY LIVING, UCCE PROGRAM MANAGER

*UC Cooperative Extension Placer and Nevada Counties*

#### PLACER:

11477 E Avenue, Auburn, CA 95603  
530-889-7385 office 530-889-7397 fax  
ceplacer@ucanr.edu

#### NEVADA:

255 So. Auburn Street, Grass Valley, CA 95945  
530-273-4563 office 530-273-4769 fax  
cenevada@ucanr.edu

**Website: <http://ceplacernevada.ucanr.edu>**

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