

August 2007

What's In Your Cupboard?

Get the most nutrition from your fruits and veggies.

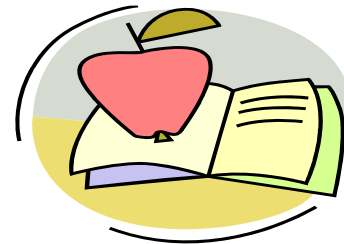
Fruits and vegetables have many nutrients that are needed for good health, such as vitamin C. Don't assume that fresh is always healthier than processed! All forms count.

These tips will help you get the most nutrients:

- Refrigerate fresh produce (except baking potatoes and squash), and use it soon.
- Buy produce from local growers, to avoid nutrient loss during shipping.
- Use leftover liquid after cooking or canning for soups and sauces.
- Use freezer packaging and shorter frozen storage times.
- Don't store frozen produce for a long time in "frost-free" home freezers (to avoid temperature changes).

Use a variety of fruits and vegetables in dishes you prepare everyday!

- Prepare tacos and tostadas with tomatoes, bell pepper, cabbage, or other vegetables
- Add lettuce, tomato, onion and other vegetables to your sandwiches
- Add vegetables to soups: try corn, carrots, spinach, sweet potato, broccoli and other vegetables
- Use fruits as desserts or snacks instead of high-sugar or high-fat foods
- Mix fruit, cereal and yogurt for a healthy treat



The USDA Department of Agriculture (USDA) funds programs that provide free or low cost meals to children, including the **National School Breakfast and Lunch Program**. Eligible students can get free or reduced priced lunches and, some schools, breakfasts. Eligibility is based on family income. Applications are usually sent home in the fall. To get a copy of the application or a monthly menu, contact your child's school.

For information on how to get emergency food for your family, call Oregon Food Bank: 1-800-777-7427