



6 Tips to Eat More Fruits and Vegetables

- 1. Keep visible reminders**
Keep a bowl of whole fruit on the table, counter, or the refrigerator ready to eat.
- 2. Eat a variety of colors**
Choose produce that is red, orange, or dark green. They are full of vitamins and minerals. Fill half your plate with fruits and vegetables at every meal and snack.
- 3. Snack on the go**
Have fresh fruit and vegetables cut and prepared for a quick and healthy snack.
- 4. Discover fast ways to cook**
Cook vegetables in the microwave in a bowl with a small amount of water for a quick and easy side dish.
- 5. Add some spice**
Add flavor to food with spices and herbs instead of salt for low sodium meals.
- 6. Substitute the sugar**
Substitute the use of sugar with honey as a natural sweetener.

5 Tips for Shopping at the Farmers Market on a budget

- 1. Make a list but be flexible**
Be prepared with a list but if a cheaper item is available and would work just the same, make a change.
- 2. Look around before buying**
Prices and quality may change from farmer to farmer. Be sure to shop the market before making your purchases.
- 3. Don't overbuy and consider shelf life**
Planning meals ahead of time will help so food doesn't go bad.
- 4. Ask the farmer questions**
Chat with the farmer, they know their product and can give helpful advice on how to cook and store the food they sell.
- 5. Use your SFMNP checks!**
SFMNP checks are accepted at many farmers markets and some offer other incentives to help your money go further. For a list of authorized farmers markets please visit: www.cdfa.ca.gov/go/sfmnp

Prepare and Store your Food for Freshness

- 1. Pantry (cool, dry place)**
Onions, garlic, potatoes, yams, hard squash, and honey.
- 2. Countertop (ripen, ready to eat)**
Citrus fruit, peaches, plums, nectarines, avocados, tomatoes.
- 3. Refrigerator (keep fresh)**
Apples, pears, berries, cherries, grapes, broccoli, carrots, peppers, cucumbers, mushrooms, summer squash, and fresh cut herbs.
- 4. Handling and Storing Produce**
 - Do not wash, cut or peel until you are ready to eat. (Except Lettuce)
 - Refrigerate and cover peeled or pre-cut produce.
 - Produce should be kept separately from raw meat and seafood.
 - Fridge temperature should be at 40° F or below.