

NAME: _____

DATE: _____

HEALTHY TOPIC: HEALTHY ON A BUDGET

Eating at restaurants can be expensive, so try cooking and eating at home more often as a family. Fruits and vegetables are nutritious and affordable when eaten in season, so try to choose these items at the grocery store. When produce is not in season, look for it as a frozen or canned GO food item, which can be healthy and affordable!

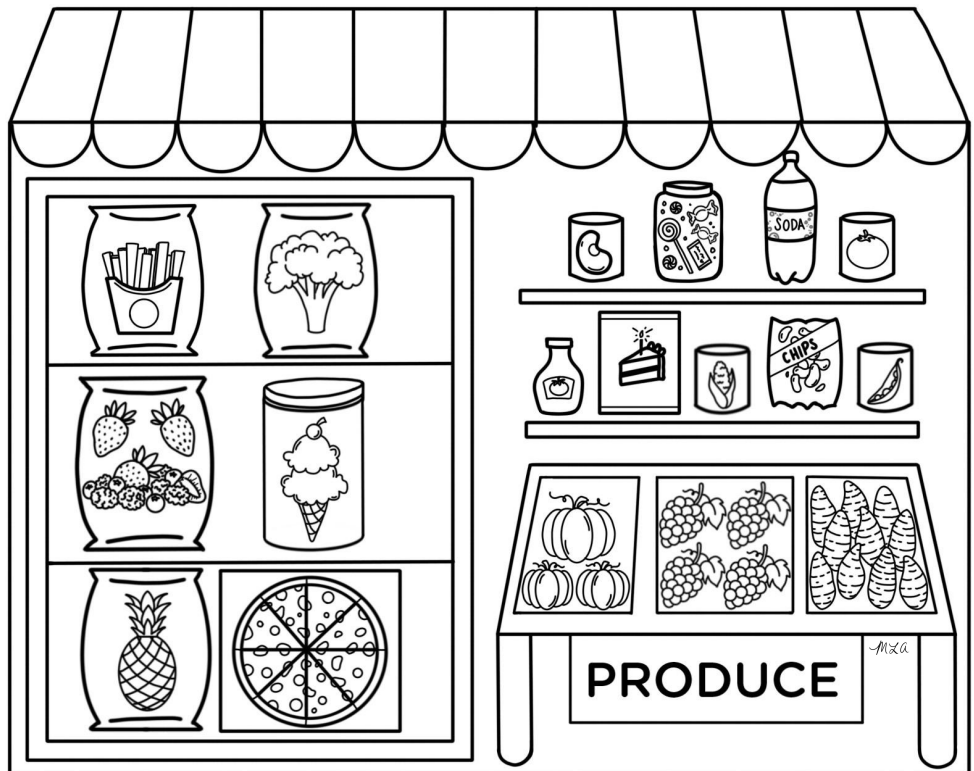
Directions: Circle the produce items that are in season, along with the listed GO Food items. Can you find them all?

WORD BANK

frozen broccoli
canned black beans
grapes
sweet potatoes
frozen pineapple
canned peas
pumpkin
canned corn
frozen mixed berries
canned tomatoes

Packaged Vegetables:
look for "low in sodium"
and have "no salt added."

Packaged Fruits:
look for "no added sugar
or syrup" and that come
in "100% fruit juice or
water."



PRODUCE ACTIVITIES:

- Identify which fruits and veggies can be frozen (fresh or cooked).
- Pick out which fruits and vegetables are in season.
- Put together a menu for dinner using fresh fruits and veggies.