



brighterbites®

Healthy Topic: Healthy on a Budget

Choose a suggested activity below or create your own:

- **Discuss** how frozen and canned fruits and veggies are also healthy and a great option for when fresh produce is not as available.
- **Identify** which fruits and veggies can be frozen (fresh or cooked).
- **Discuss** everyone's favorite fruit and favorite vegetable from the entire season.
- **Discuss** the importance of making a grocery list before going grocery shopping to help stay on budget.