



Benefits of Fruits and Vegetables

Buying fruits and vegetables at your Farmers' Market provides you with healthy foods, physical activity and fun for the family. Ask your local WIC agency for more information about Farmers' Market coupons and locations.

FARMERS' MARKET LIST

Fruits	Veggies



For more information:

For Kids (eatright.org)

Discover MyPlate: Look and Cook Recipes | Food and Nutrition Service (usda.gov)

Freezing Vegetables - Selecting, Preparing, Freezing and Storing | WIC Works Resource System (usda.gov)

Recipes, Cookbooks and Recipe Videos | WIC Works Resource System (usda.gov)

Agency use:

Visit our website at:

www.dhs.state.il.us



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Fruits and Veggies 101

Tips to make the most of your Fruits and Veggies





SELECTION

Shop early

This will allow you to find the best selection of fresh produce.

Choose in-season fruits and vegetables

The closer you are to the growing season, the fresher your produce and the better it tastes.

Check for freshness

Look for brightly colored fruits and vegetables. Leaves or greens should be crisp, not wilted.

Large does not mean better

Larger sized vegetables may be too mature and have little flavor.

Bag properly

Place the heavier, firmer produce at the bottom of the bag or basket.

STORAGE

Store produce right away to prevent spoilage.

Most fruits will not continue to ripen if they are refrigerated. This is true for tomatoes as well.

These fruits should be refrigerated:

- ☞ Apples
- ☞ Berries
- ☞ Grapes
- ☞ Melons

Potatoes and onions will lose quality in the refrigerator.

Punch holes in plastic bags before storing.



CLEANING

Just before preparation give your produce a good washing in cold water.

When cooking firm produce with tougher skin, scrub with a brush.

Allow leafy greens to float in clean water.

Soaps or cleaners are not needed; water does the job.



PREPARATION

Heat and too much water can destroy important vitamins. Limit cooking time and water.

SPEED UP THE RIPENING PROCESS

1. Place fruit in a large paper bag.
2. Punch several holes in the paper bag.
3. Do not stack pieces of fruit on top of each other.
4. Fold the top of the bag.
5. Leave the bag on the countertop.
6. Check on fruit daily.

FOOD SAFETY

- ✓ Wash your hands before preparation.
- ✓ Keep fresh fruits and vegetables stored away from raw meats.
- ✓ Wash cutting board, utensils and countertops with hot soapy water.