



Brighten up this Winter with Colorful Fruits and Veggies!

As the air becomes brisk and snow begins to fall, it is easy to believe that eating fresh, local produce isn't feasible. The truth is, some fruits and vegetables like potatoes and winter squash actually thrive in cold weather and are present in their most fresh, abundant form during the winter!

Canned and frozen fruits and vegetables are a great way to enjoy your favorite produce that may be out of season. Using canned produce from your pantry is an easy and affordable way to cook nutritious meals. Look for low-sodium varieties when possible, or rinse under water to remove excess sodium. Choose fruit packed in its own juice rather than in syrup; fruit is nature's candy! Use frozen fruits and veggies to make smoothies, soups and stews.

Ready to eat your fruits & veggies? Here are some [handouts](#) on creating your own soups, casseroles, and flavorful meals with your favorite produce.