



SCALE BACK ALABAMA SHOP SMART & SAVE

Fruits and Vegetables

Add color to your plate without losing the green in your wallet. Shop smart and \$ave!

You know that eating fruits and vegetables are good for you, but do you know why this is true? Fruits and vegetables are packed with vitamins and minerals that your body has to have in order to function. They also have antioxidants that will protect our cells from damage and fiber that will keep us full. There are so many different fruits and vegetables to satisfy any taste and you can eat plenty of them because they are very low in calories. With all these benefits, why do so many people shy away from this healthy choice? One reason is the perception that eating healthy is expensive, but this does not have to be true! There are many tips and tricks that can allow you to eat your greens without spending all your green.

- **Shop in season** – Knowing what fruits and vegetables are in season can help you save money. Some examples that are in season during winter months include kiwi, pears, oranges, collard greens, Brussels sprouts, sweet potatoes, and turnips. For information on other seasonal fruits and veggies and how to add them to your plate, visit <http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>.
- **Frozen, dried, canned, try them all!** – Fruits and veggies are the best choice even if you don't buy them fresh. Buying frozen or canned items can save you money, and they have a longer shelf life. A great tip is to rinse off any vegetables that come in a can to remove excess sodium and avoid fruits canned in syrup because this provides unwanted sugar.
- **Grow your own!** – Even if you don't have a big backyard, you can still grow some of your own foods. It is easy to grow some foods such as lettuce and peas in a

pot right on your front step! Seeds are inexpensive and can last a long time, saving you money and a trip to the store. Make sure to check what is in season for best results. For information on accessible gardening check out <http://www.nchpad.org/264/1687/Home~Enabling~Garden~~Part~1>.

- **Eat more at home** – Going out to eat can be much more expensive than having a nutritious meal at home. If you want to get out of the house, try putting some vegetables on the grill and having a cook out with family and friends, or fill up a basket and have a picnic at a nearby park or playground.

Spicy Collard Greens

Category: Side Dishes

Preparation time: 30 minutes

Serves: 8

Cups of Fruits and Vegetables per Serving: 1 ¼

Ingredients:

4 lbs collard greens
3 cups chicken broth, low-sodium
2 medium onions, chopped
3 garlic cloves, crushed
1 tsp red pepper flakes

1. Wash and cut collard greens.
2. Add all ingredients to large skillet with just enough water to cover.
3. Simmer over medium heat for 25 minutes. Serve.

Nutritional Information per Serving	
Calories: 110	Carbohydrates: 12g
Total Fat: 0.5g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 6g
Protein: 7g	Sodium: 105mg