

Economic Impact + Nutrition + Access = Canned Food

American Economic Success Story

Canned food **stretches food dollars** for taxpayers and participants in government programs.

- Canned foods provide **year-round nutritional availability** and consistent quality for the National School Lunch and School Breakfast Programs and federal food assistance programs.
- Canned foods provide **lower-income** families access to important nutrients.

From the farmer to your community, canned food is responsible for more than **\$137 billion** in total U.S. economic activity.

- Industry farmers, steelmakers, can makers, processors and packers = **85,000+ jobs**.

Nutrition For All

Food is not nutrition until it's eaten.

- The **1,500+ varieties of canned foods** are convenient and available anywhere, anytime, making healthy eating year-round easy and cost-effective.
- The U.S. Department of Agriculture reports Americans waste about 25% of fresh produce each year.

Affordable nutrition is accessible nutrition for all ages and incomes.

- Canned foods provide important nutrients often at a lower cost-per-nutrient than fresh, frozen or dried forms. *(J Nutr & Food Sci, 2012)*
- **Lower-income families** account for one-third of total canned food consumption. *(The NPD Group 2007)*
- In places deemed "**food deserts,**" canned food provides a nutritious solution.

All Forms Count

Canned foods are unsung heroes in providing nutrients many Americans are lacking.

- **All forms** – canned, fresh, frozen, dried and 100% juice – of fruits and vegetables provide needed nutrients in a healthy diet. *[University of California-Davis, 2007]*
- **Canned foods are comparable** to other forms in their nutrient contribution to the American diet. *[University of Illinois, 1997]*
- Canned meats, seafood, legumes and beans **deliver critical protein**. Low-sodium versions are increasingly available.
- Canned **beans** are an excellent source of fiber and folate, plus, they provide a good source of protein, iron, potassium and magnesium.
- Some canned **poultry and fish** varieties have higher calcium levels than their fresh cooked counterparts. *[University of Pittsburgh, 2009]*
- **Canned tomatoes** provide more lycopene compared to fresh, cooked tomatoes. *[U.S. Department of Agriculture, 2005]*
- Commercial canning enhances the bioavailability of carotene in **spinach** and **carrots** and concentrates beta carotene in **canned pumpkin**. *[U.S. Department of Agriculture, 2005]*
- The absorption of the antioxidant lutein in **corn** is enhanced by the canning process.

The Canned Food Alliance, a National Strategic Partner of the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion, is a consortium of steelmakers, can manufacturers, food processors and affiliate members that have joined together to drive increased consumption of canned foods by enhancing the perception of their numerous benefits, including nutrition, convenience, affordability and accessibility. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealtime.org.