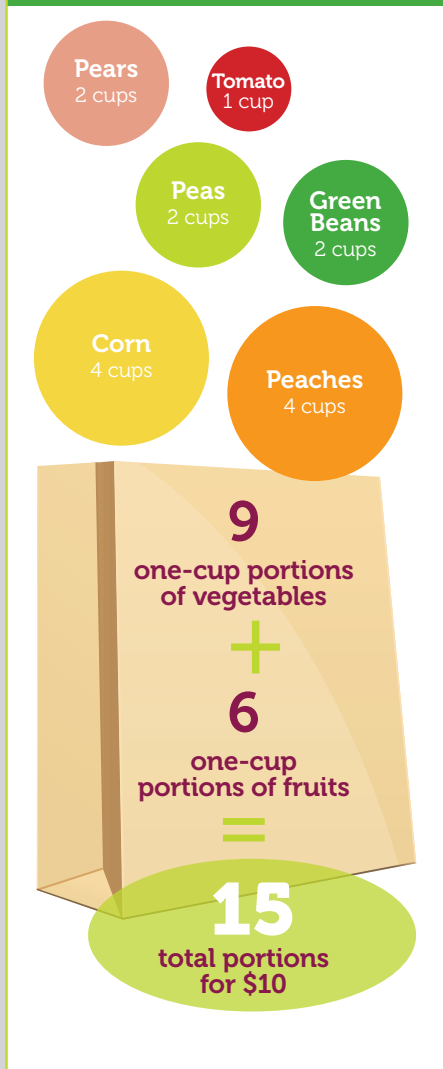


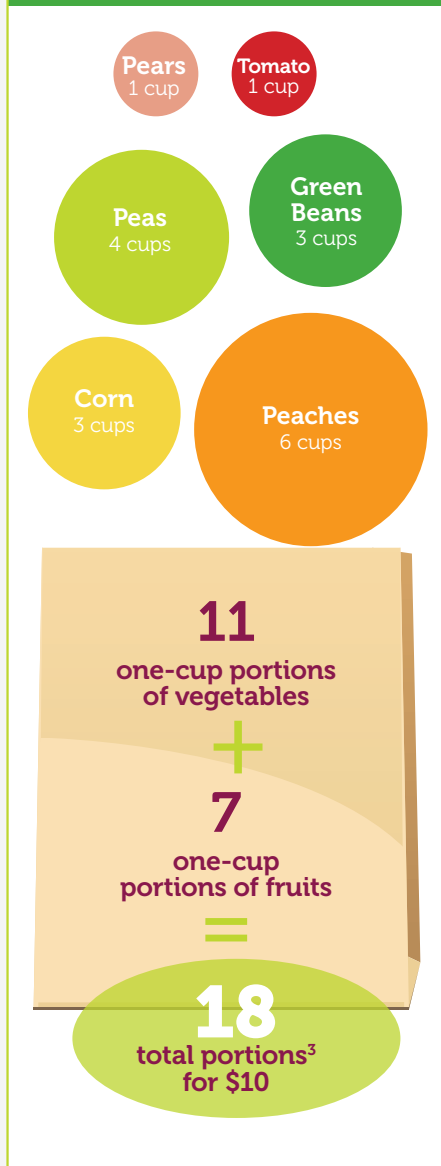
HOW MUCH PRODUCE CAN YOU BUY FOR \$10?

The USDA's MyPlate recommends that we fill half our plates with all forms of fruits and vegetables, or about 2.5 cups of vegetables and 2 cups of fruit each day. Nutritionally comparable¹, canned, fresh and frozen varieties provide different ways to achieve this goal.²

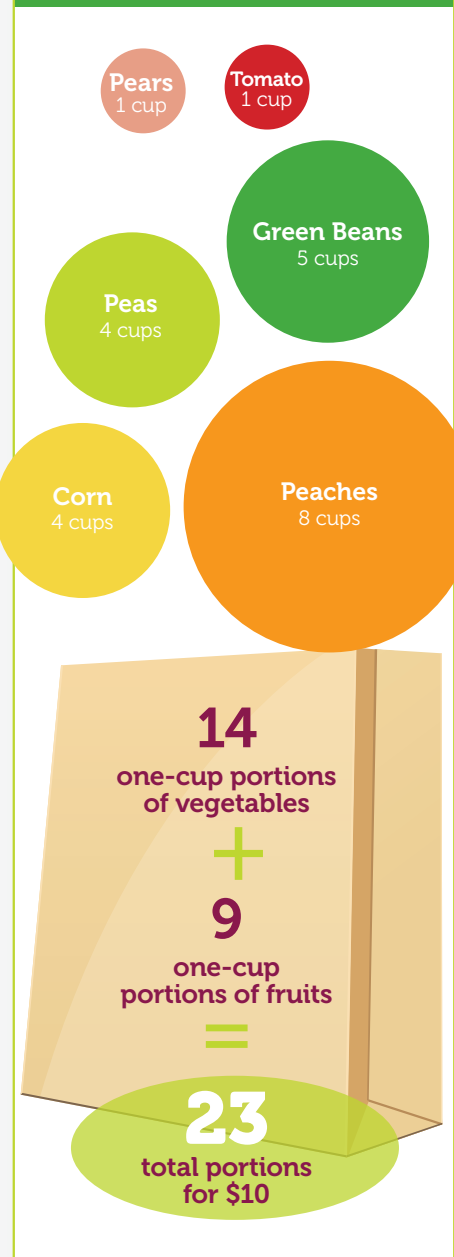
All Fresh



Fresh/Canned/Frozen



All Canned



¹Rickman, J., Barrett, D. and Bruhn, C. "Nutritional comparison of fresh, frozen and canned fruits and vegetables." Journal of the Science of Food and Agriculture, Vol. 87, Issues 6 and 7, April and May 2007.

²Kapica C and Weiss W. Canned fruits, vegetables, beans and fish provide nutrients at a lower cost compared to fresh, frozen or dried. J Nutr Food Sci. Vol 2. Issue 2. 2012. Data used did not include cost of preparation time.

³Combination bag contents include frozen peas, fresh green beans and pears, and canned corn, peaches and tomato.