



Best Buys

- ❑ Compare the different forms of fruit to see which is the best buy — fresh, frozen or canned.
- ❑ Buy fresh fruits in season when they are usually lower in cost. Don't buy bruised, soft or moldy fruit. The bruises you cut away are wasted money.
- ❑ Buy only fully ripened grapes and watermelon. These fruits will not ripen further once they are picked.
- ❑ Frozen fruit juice is cheaper than pop; small fruits are cheaper than packaged cakes and candy bars.
- ❑ Some fruit juices such as grape and apple have little natural vitamin content. Check labels for brands that have been “enriched with vitamin C.”



Seasonal Buying Chart

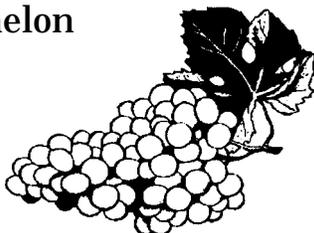
SPRING

Strawberries
Oranges
Grapefruit
Bananas
Apples
Rhubarb



SUMMER

Cherries
Apricots
Peaches
Plums
Cantaloupe
Watermelon

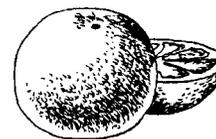


FALL

Apples
Pears
Grapes
Melons
Cranberries

WINTER

Oranges
Grapefruit
Apples
Bananas

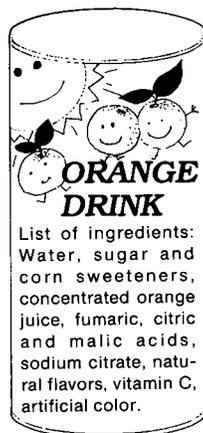


Beware....Compare

Canned and frozen fruit juices can be good buys, but not all fruit drinks are the same. For example, there are products labeled orange juice, orange juice drink, orange drink, imitation orange drink or orange fruit ade.

Only 100% real fruit juice has all the vitamins and minerals found naturally in fruit juice. Other fruit drinks have less real juice and more added sugar and water.

Read labels and check the list of ingredients. Remember — ingredients that are listed first occur in the greatest amount.



How Much Orange Juice Is in Your Glass?

- Orange juice 100 percent real orange juice
- Orange juice drink..... 50 percent orange juice
- Orange drink 10 percent orange juice
(such as Hi-C[®], Hawaiian Punch[®])
- Imitation orange 0 percent orange juice
drink (such as Tang[®]), imitation orange
juice; orange soda; powdered
fruit ade mixes (such as Kool-Aid[®])

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