



Vegetables & Fruit:

Beat the Barriers!

Here are some tips to help you eat them every day...



“I think vegetables & fruit cost too much”

- ▶ Choose fresh vegetables and fruit when in season
- ▶ Check flyers! Look for sales before shopping
- ▶ Plan meals and snacks based on sales in local stores
- ▶ Buy only the fresh vegetables and fruit that you need
- ▶ Canned and frozen vegetables and fruit may cost less and are just as healthy. You can also stock up on these when on sale
- ▶ Buy “No Name” or store brands rather than brand name items
- ▶ Buy larger bags or containers and divide into smaller servings
- ▶ Grow your own vegetables and fruit
- ▶ Pick berries and freeze extra for the winter season
- ▶ Store fresh vegetables and fruit properly so they don’t spoil and go to waste.

“My family doesn’t like vegetables & fruit”

- ▶ Don’t give up! It can take trying a new food up to 20 times before deciding if you like it
- ▶ Try something new! There are a variety of vegetables and fruit to choose
- ▶ Prepare vegetables and fruit in different ways to change the flavour or texture (i.e. raw, baked, dried, cooked, etc.)
- ▶ Add vegetables and fruit to your family’s favorite meals. For example add vegetables to pizza, sandwiches, wraps and pasta, or have fruit on the side.

Visit: www.easternhealth.ca/Veggies&Fruit for more information.



“I don’t have access to vegetables & fruit”

- ▶ Don’t forget about canned and frozen options – they can be stored for long periods of time
- ▶ Try to buy from local farms or people in your community who may be growing vegetables
- ▶ Grow your own vegetables such as carrot, turnip, tomatoes and potatoes
- ▶ Look for or start a community garden in your area
- ▶ Ask your local store to stock your favorite vegetables and fruit



“Vegetable & fruit preparation takes too long”

- ▶ Buy vegetables and fruit that don’t need a lot of prep work – cherry tomatoes, baby carrots, bananas, oranges, apples, berries, and grapes are great options!
- ▶ Frozen and canned options are quick and ready to use! Add them to soup or casseroles, or heat them in the microwave to serve as a side dish
- ▶ Chop veggies ahead of time like carrots, celery, peppers, and cucumber so they are ready to grab for a quick snack
- ▶ Stock up on fruit cups and dried fruit that are easy to grab and go – keep them at home, work, in your desk or gym bag!
- ▶ “Mixes” like spinach, cabbage, and broccoli make salads and stir-fries fast and easy!



Additional Resources:

- ▶ **Canada’s Food Guide**
<http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- ▶ **Affordable Healthy Eating**
<http://www.recreationnl.com/wp-content/uploads/2013/12/Affordable-Healthy-Eating.pdf>