

# Fresh, Frozen, and Canned Produce

There is no "best" form of fruits and vegetables; each has its own pros and cons.



Fresh



Frozen



Canned

**PROS:**

- Wide variety
- Able to touch, smell, and see
- Can be less expensive when in season

**CONS:**

- Can go bad quickly
- You'll need to learn about ripeness and storage
- Can be more expensive if not in season

**PROS:**

- Frozen at peak freshness
- Can cost less than out-of-season produce
- Long shelf life (up to 6 months)
- Little preparation required
- Available year-round

**CONS:**

- May have added sodium, sugar, or fat
- Texture changes when frozen

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*To save money at the store, buy a combination of fresh, frozen, and canned produce!*

**Solid Ground believes poverty is solvable.**

*We meet basic needs, nurture success, and spread change.*

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**WEB:** [solid-ground.org/get-help/food-resources](https://solid-ground.org/get-help/food-resources)

**EMAIL:** [foodeducation@solid-ground.org](mailto:foodeducation@solid-ground.org)