

Fresh, Frozen & Canned Produce

There's no "best" form of fruits and vegetables – each has its own pros and cons.

FRESH



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

FROZEN



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

CANNED



PROS:

- Canned at peak freshness
- Can cost less than out-of-season produce
- Long shelf life
- Little preparation required
- Available year-round

CONS:

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



TIPS: To save money, buy a combination of fresh, frozen, and canned produce!