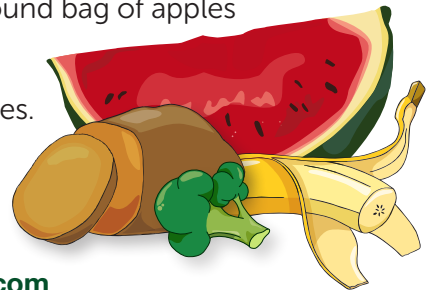
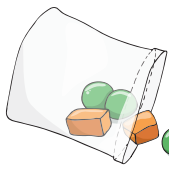


## keep fruits and vegetables fresh

- Plan to buy fresh fruits and veggies twice a week if you want to eat fresh produce during the entire week.
- Otherwise, plan to eat fresh produce at the beginning of the week, and eat canned or frozen produce at the end of the week.
- Buy only the amount of fresh fruits and vegetables that your family will eat. It is better to buy only 4 apples instead of the 5 pound bag of apples if your family will only eat 4 apples in a week.
- Stock your freezer with frozen fruits and veggies. Stock your cupboard with canned fruits and veggies.
- Buy frozen vegetables. You can pour out an amount to cook and freeze the rest for later meals.

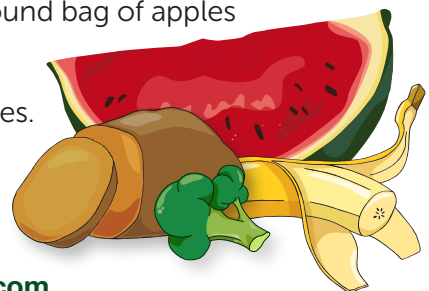


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