

# Stretching your produce dollars

Save money and make your produce last longer with these tips. Plus, find new ways to use your favorite fruits and veggies. Find even more at [powerup4kids.org](http://powerup4kids.org).



## APRICOTS

### Choose

Pick plump, deep orange colored apricots that are soft with gentle pressure but not mushy.

### Store

Place unripe apricots in a paper bag at room temperature for 1-2 days. Refrigerate ripe apricots for up to 1 week.

### Freeze it

For a chilly treat, freeze sliced apricots in an ice cube tray with 100 percent orange juice. Enjoy fresh apricots in salads or yogurt parfaits.



## BANANAS

### Choose

Opt for yellow bananas with a little green.

### Store

Store at room temperature for up to 5 days. To ripen quicker, place in a paper bag with an apple overnight.

### Freeze it

Peel overripe bananas and freeze in a freezer bag for later use in baking, cooking or in smoothies.

### Eat fresh

Slice into yogurt, smoothies or a salad. Try it rolled up in a whole-wheat tortilla with nut butter.



## CANTALOUPE

### Choose

Look for cantaloupe that gives slightly when pressed and has a sweet scent. It's ripe if the seeds sound loose when you shake it.

### Store

Store at room temperature for 2-4 days until ripe. Then refrigerate for up to 10 days. Don't cut until ready to use.

### Drink it

Make a refreshing drink by blending 3-4 cups of ripe, cubed cantaloupe, fresh lime juice from ½ a lime, 1 teaspoon honey and 1 ½ cups water. Strain over a pitcher and discard the solids. Add another 1 ½ cups water and chill. Serve over ice.



## PEACHES

### Choose

Select firm peaches with fuzzy, cut-free skins.

### Store

Store unripe peaches at room temperature for 2-3 days. Refrigerate ripe peaches for 3-5 days.

### Eat fresh

Peaches are tasty on their own or sliced into yogurt or cottage cheese.

*Budget-friendly tip!*



**Small amounts of fresh vegetables don't need to go to waste.** Toss in what you have - a few carrots, squash, sweet potatoes or peppers to soup, stew, scrambled eggs or casserole to make the dish more flavorful and colorful.