

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.



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.