

SMART SHOPPERS GUIDE TO FRUIT 'N' VEG



Charge through your day

with 2 fruit & 5 vegetables

Plan ahead

- plan your purchases before shopping
- think about the times during the week when you usually use convenience or take-away foods; plan instead to buy some fruit and vegetables (fresh canned, or frozen) for quick and easy meals such as jacket stuffed potatoes or stir-fried vegetables.

Make the most of specials

- take advantage of in-store specials
- buy extra fruit and vegetables when they are cheap and plentiful and prepare for future use, eg. make extra vegetable soup or stewed fruit and freeze

Check the label

- select brands of frozen or canned fruit or vegetables with little or no added fat, salt or sugar

Shop regularly

- freshness is important for nutritional value, appearance and taste; shop regularly - at least twice a week if possible

Be assertive

- inform your retailer if you are unhappy about the quality of fruit and vegetables, eg. they spoil quickly or are of poor eating quality; responsible retailers want to

know about problems and will exchange the produce or provide a refund; consumer feedback is one way to encourage retailers to provide quality produce at reasonable prices

Budget tips

Make the most of your fruit and vegetable budget by following these tips:

- always select seasonal produce
- check price and quality of bulk pack buckets or bags of fruit and vegetables; this can be a good buy although it is usually ripe and ready for immediate use
- when one fruit or vegetable is out of season or expensive, substitute another of similar nutritional value, eg. when tomatoes are expensive, add orange segments to salads instead
- when fresh fruit or vegetables are in limited supply, check the price of frozen or canned varieties, these may be a good substitute at a better price
- check the amount of money you now allocate to fruit and vegetables against the amount spent on 'extras' such as biscuits, cakes and lollies, buy fruit and vegetables for snacks instead of those foods



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- plan meals around vegetables, rice and pasta; add meat for flavour eg. capsicums or pumpkin stuffed with rice and minced meat or stir-fried vegetables and meat, fish or chicken served with rice
- plan meals with more vegetables and less meat, fish or chicken – they will normally be cheaper
- extend meat dishes with inexpensive vegetables such as carrots, potatoes and cabbage
- try vegetarian dishes using legumes such as chickpeas, lentils, soya beans with added vegetables, rice or pasta.

Store wisely

- Keep fruit and vegetables fresh by protecting them from heat and light on the way home and storing them correctly as soon after purchasing as possible.

Green leafy vegetables and salad vegetables

- store, unwashed, in the crisper or in vented plastic bags in the refrigerator

Citrus fruit, apples and pears

- best stored unwashed in the refrigerator; if not possible store in a cool and well ventilated place
- store at moderate room temperature; if very warm keep in a cool place but do not refrigerate.

Mushrooms

- best stored in paper bags in the refrigerator.

Root vegetables - carrots, turnips, beetroot, parsnips

- store in plastic bags or the crisper compartment of the refrigerator.

Onions, potatoes and garlic

- store in a cool, dark, dry and well ventilated place.



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Health Department of Western Australia.

