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TEXAS AGRICULTURAL EXTENSION SERVICE OF THE TEXAS A&M UNIVERSITY SYSTEM

FAMILY NUTRITION NEWS

Dear Homemaker,

Canned fruits and vegetables are good buys for thrifty shoppers. When fruits and vegetables are not in season, canned ones are low in cost.

They keep for a long time on the shelf. They do not require refrigeration until after opened.

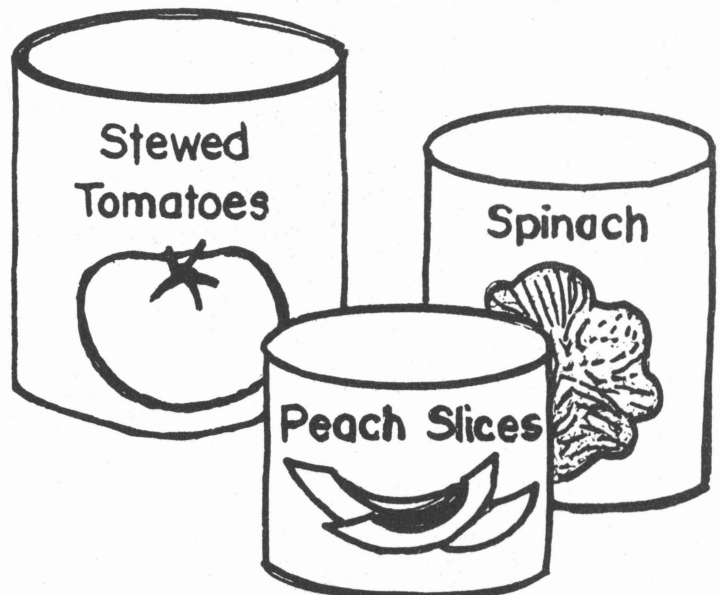
Canned fruits and vegetables contain lots of vitamins and minerals. Dark-green leafy and deep-yellow vegetables contain vitamin A for healthy skin and eyes. For vitamin C, buy canned tomatoes, citrus fruits and juices with added vitamin C.

Sincerely,

Name and title

Be Wise When You Buy

Fruits and Vegetables



TIPS FOR SERVING

Use canned fruits and vegetables in family meals and snacks.

Served cool or from the can, canned fruits are good as

SNACKS

DESSERTS

WITH GELATIN AS A SALAD

Canned vegetables are good in casseroles, salads and even just plain.

MORE INFORMATION . . .

Try using canned sweet potato in this tasty recipe for a holiday:

CINNAMON APPLE YAMS

1 1-lb. can sweet potatoes	2 tablespoons margarine
2 cups of applesauce (17-ounce can)	½ teaspoon salt
2 tablespoons brown sugar	½ teaspoon cinnamon

Drain and slice sweet potatoes. Place half the sweet potatoes in a casserole dish. Top with half the applesauce. Repeat layers with remaining sweet potatoes and applesauce. Combine brown sugar, margarine, salt and cinnamon. Crumble over top. Bake, covered, at 350° F. for 45 minutes. Serves 8.

KNOW THE STYLES YOU BUY:

- Whole fruits and vegetables cost more than pieces or cut up.
- Fancy cut or packed cost more than other.
- Heavy syrup on canned fruits cost more than light syrup.

This publication was prepared by Sally Springer, Extension foods and nutrition specialist and project leader, The Texas A&M University System.