



V-LEARNING COMMUNITY

Fruits and Vegetables

Keeping a variety of fruits and vegetables readily available, makes it easy to create a wide range of meals during the week.

Rotating fresh and frozen fruits/vegetables allows for a greater mix of nutrients and potentially fewer visits to the store.

For example, let's say groceries were bought the first week of the month. During the first week or two, the most perishable food items could be steamed, roasted or baked - like eggplant, zucchini, mushrooms, brussels sprouts, along with eating apples, pears, and grapes. In the next couple weeks less perishable foods could be eaten like yams, sweet potatoes, and rutabaga, along with frozen broccoli, spinach, green beans, squash, peas, corn, berries, and peaches.

Potential meals:

- Fruits and vegetables can be used as part of a potluck style meal
- Yams make a great sandwich base
- Desert with baked apples, granola and cashew cream.

