**Health Tip of the Month**

**Frozen Fruits and Veggies**

**Why frozen produce is good too:**

- **Cost** - some frozen produce is cheaper than fresh. Compare the price of 1 pound of fresh berries and 1 pound of frozen berries.
- **Quick meals** - frozen fruits and vegetables will save you lots of time because they are already chopped.
- **Nutrition** – recent studies have shown that frozen fruits and vegetables are packed with fiber, antioxidants, vitamins and minerals, similar to fresh produce.
- **Less food waste** - fresh produce spoils easily. Frozen produce has a longer shelf life than fresh produce.
- **Easy to measure** - frozen produce is chopped so you can measure how many cups of fruits and veggies you eat a day.
- **Variety every season** - Frozen produce aisles have a variety of fruits and veggies year round. Choose vegetables varieties without sauces or seasonings.

**Tips on freezing fruits and veggies**

- Avoid freezing these vegetables since they become stiff, mushy or change color, flavor or aroma when frozen: cabbage, lettuce, celery, cucumbers, parsley, and radishes.
- Use rigid containers (plastic or glass). Cover the lid tightly and do not fill too much.
- Flexible bags or wrappings. When using plastic bags make sure to remove as much air as possible before closing.

**Simple recipes with frozen produce**

**Berry Banana Smoothie**

Frozen strawberry banana blend + low fat yogurt + water —> blender

**Bean and Vegetable Soup**

Frozen beans and mixed vegetables + low sodium chicken broth + garlic + canned tomatoes + Italian seasoning + bay leaves —> large soup pot

**Worksite Wellness Initiative:** by Jong Min Lee, Dietetic Intern
Teachers College, Columbia university  85:11/17
More Health Tips? visit  http://nyc.cce.cornell.edu