

## Tips For Busy Families... From FCHS

### Grab & Go

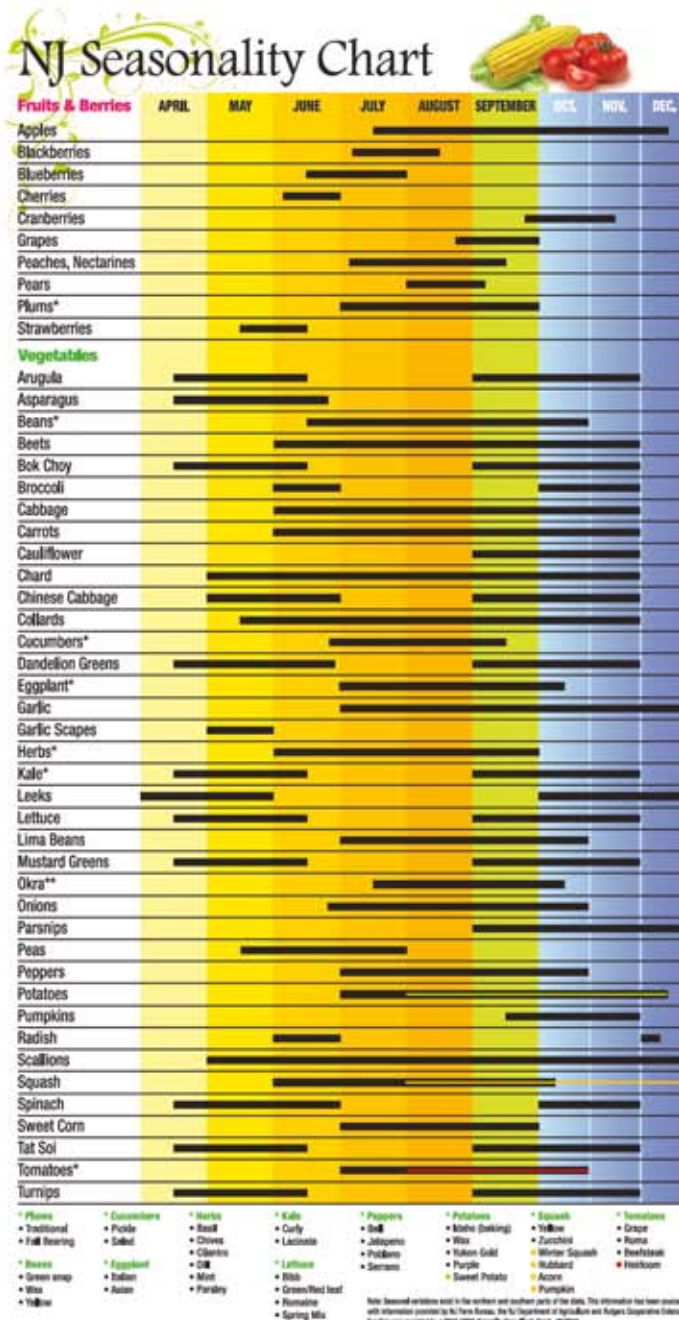
- Like Mexican food? Warm canned fat-free or reduced fat refried beans in the microwave. Add low-fat cheese, vegetables and salsa. Roll in a whole wheat tortilla.
- Roll leftover salad in a whole wheat tortilla for lunch or dinner. For extra flavor, add beans, chicken or shredded cheese.
- Make a meal out of a spud. Top a baked potato with canned chili, beans and steamed broccoli, carrots or cauliflower. Serve with a fat-free sour cream or shredded cheese.

### Give Prepared Foods A Boost

- Create your own special soup. Add chopped *Jersey Fresh* vegetables to tomato, lentil, bean or chicken noodle soup.
- Dress up quick-cooking brown rice or couscous with diced tomatoes, shredded carrots, peas, dried cranberries and pine nuts. Season with a splash of balsamic vinegar.
- Add fresh berries, peaches, apples, pears or other favorite fruit to instant hot cereals like oatmeal and Cream of Wheat®.

For more tips and ideas, visit FCHS at [www.njaes.rutgers.edu/health](http://www.njaes.rutgers.edu/health).

FCHS is the wellness component of Rutgers Cooperative Extension. We work with schools, families and communities to help them get and stay healthy.



**LOCAL FARMS  
LOCAL FOOD**

**FOR BETTER  
NUTRITION AND  
HEALTH!**



For more information on buying local visit:  
[www.njfb.org/localfarms](http://www.njfb.org/localfarms)



**RUTGERS**  
New Jersey Agricultural  
Experiment Station  
■ Cooperative Extension

## Eat Smart/Live Well

Life is filled with choices. Some are easy; others are more complicated. Take nutrition and fitness. We all know that eating fruits and vegetables is key to eating healthy. But, when it comes to healthy eating, the choices and challenges can be overwhelming. They don't have to be.

Using the new MyPlate icon as a guide, two key recommendations are to make half of our daily plates vegetables and fruits, and vary the fruits and vegetables you eat every day.



Healthy eating starts right on the New Jersey farm, where New Jersey farmers grow hundreds of different fruit and vegetable varieties each year. *Jersey Fresh* fruits and vegetables are loaded with nutrients – vitamins, minerals, antioxidants and fiber. And, when compared with even the tastiest non-local, canned or frozen counterparts, the flavor just can't be beat.

Buying *Jersey Fresh*, “in-season” produce makes healthy eating easy and flavorful. Here's why:

**Variety:** Variety is key to a healthy diet. If you build fruit and vegetable choices around what's in-season and available at the local farm, you're guaranteed to eat a variety of different fruits and vegetables each season, rather than eating the same few day after day. The greater the variety of fruits and vegetables you eat, the greater the variety of vitamins, minerals and antioxidants your body will get.

**Quality:** The quality of nutrients in fruits and vegetables is related to how long produce has been sitting since it was harvested. Food starts to change as soon as it's picked, and delicate nutrients begin to deteriorate with time. When produce is harvested hundreds of miles away, it travels for days or weeks to get to your market. Once in the market, it sits on a shelf until it is sold. Time, temperature changes, exposure to air and artificial



light all rob fruits and vegetables of valuable nutrients. *Jersey Fresh* fruits and vegetables reach your plate sooner than those from far away...meaning that the nutrients are preserved and intact.

**Freshness:** There is an inherent “freshness guarantee” that goes along with *Jersey Fresh* produce. It is picked at its peak of quality and nutritional value, often the same day you buy it. So, it is ready to eat right away, is at peak nutritional potential and sits for less time since it doesn't travel long distances from farm field to market. It's fresh, and the fresher the produce, the better it tastes – which makes eating fruits and vegetables more appealing.



**Food Safety:** Buying *Jersey Fresh* produce offers you the ability to know exactly how and where your food was grown. You can ask your local farmer about how they ensure produce safety, their growing practices, and the varieties they grow.