

EAT BETTER FOR LESS

Don't Give Frozen Foods the Cold Shoulder

March is National Frozen Food Month! Frozen foods are convenient, can make your diet healthier, and can save food dollars.



Here are some reasons to add frozen foods to your list this month:



Nutritional benefits

Unsweetened, unsalted frozen produce have the same nutritional benefits as fresh produce, sometimes even more! Fruits and vegetables are picked at peak ripeness and frozen within hours, locking in nutrients and flavor. Whether frozen, fresh, dried or canned, all forms of fruits and vegetables provide essential nutrients!



Savings

Frozen foods have a greater shelf life than fresh or refrigerated foods, so they help reduce food waste by 47%.



Word of warning

Some frozen foods are high in fat, added sugars and salt. Check the Nutrition Facts label and ingredients list and avoid those with added sauces.



Blend your favorite flavors to create a special frozen treat while adding fruit and dairy to your day.

Frozen Fruit Yogurt

Ingredients

- 4 cups frozen fruit (try your favorite or a mix - peaches, berries, pineapple)
- 1 cup nonfat plain yogurt
- 3 tablespoons sugar

Directions

1. Combine frozen fruit, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
2. Serve immediately or store in an airtight container in the freezer for up to 1 month. Freeze or refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: www.eatright.org/food/planning/smart-shopping/frozen-foods-convenient-and-nutritious, eatgathergo.org/recipe/frozen-fruit-yogurt/



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