

Top 10 Fresh Fruit & Vegetable Buys

January

Fruits:

Apples
Grapefruit
Oranges
Pears
Tangerines

Vegetables:

Brussels sprouts
Broccoli
Cabbage
Cauliflower
Turnips

February

Apples
Grapefruit
Oranges
Pears
Tangerines

Bell pepper
Brussels sprouts
Cabbage
Cauliflower
Radishes

March

Apples
Grapefruit
Oranges
Pineapple
Strawberries

Asparagus
Broccoli
Cabbage
Lettuce
Spinach

April

Honey dew
Pineapple
Oranges
Rhubarb
Strawberries

Artichokes
Asparagus
Bell peppers
Celery
Green beans

May

Fruits:

Cantaloupe
Papaya
Pineapple
Rhubarb
Strawberries

Vegetables:

Bell peppers
Asparagus
Corn
Cucumbers
Lettuce

June

Apricots
Cantaloupe
Cherries
Honey dew
Mangos

Bell peppers
Corn
Cucumbers
Green beans
Green peas

July

Blueberries
Cantaloupe
Cherries
Nectarines
Watermelon

Beets
Bell peppers
Corn
Cucumbers
tomatoes

August

Grapes
Honey dew
Nectarines
Peaches
Plums

Corn
Bell peppers
Spinach
Tomatoes
Zucchini



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu

Top 10 Fresh Fruit & Vegetable Buys

September

October

November

December

Fruit:

Apples
Grapes
Honey dew
Pears
Pineapple

Apples
Cranberries
Grapes
Pears
Pomegranate

Apples
Cranberries
Grapes
Oranges
Pears

Apples
Grapefruit
Oranges
Tangelos
Tangerines

Vegetables:

Beets
Broccoli
Cauliflower
Squash
Tomatoes

Brussel sprouts
Cabbage
Cauliflower
Pumpkin
Squash

Broccoli
Cabbage
Jicama
Sweet potato
Turnips

Broccoli
Cabbage
Cauliflower
Jicama
Sweet potato

Fruit and Vegetable purchasing and preparation tips:

Fruits and vegetables can be purchased fresh, frozen or canned. Choose the type that best fits your needs.

Fresh produce is tasty, colorful and nutritious. Planning meals and snacks with fresh fruits and vegetables is important. Planning helps prevent spoilage and waste.

Frozen fruits and vegetables are very convenient. They can keep for months in the freezer. Frozen produce can be used as needed. You can take out what you need from the bag and tie up the rest for later use. Frozen vegetables can be microwaved, steamed or baked just like fresh. Try adding a handful of frozen broccoli or green beans to your favorite soup as you heat it up.

Canned fruits and vegetables are a smart choice. Canned products can be stored longer than other types of fruits and vegetables. There is little preparation when using canned produce. Canned fruits and vegetables need no special care until after they are cooked. Leftovers should be removed from the can and stored in clean storage containers in the refrigerator. When choosing canned fruits, always look for fruits packed in water, juice or light syrup. When choosing canned vegetables, select those with the least amount of sodium per serving.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu