



### 3 Affordable Ways to Help Your Family Eat More Fruit

To Your Name



#### **Make half your plate fruit and vegetables: focus on whole fruit!**

Help your family find their healthy eating styles with fruit! Here are 3 simple ideas to fit fruit in your day that can help you save time and money:

- Compare prices of fresh, frozen, and canned fruit to get the best deal,
- Look for store coupons and sales, and
- Buy fruit in bulk to save money and freeze any extra to eat later without it going to waste!

Learn how to add fruit to dinner tonight! Check out the chicken with fruit salsa cooking demonstration at the local food bank. For more information, visit their [website](#).

For more ideas on how to eat healthy on a budget, click [here](#) or follow us on [Twitter](#), [Facebook](#), [Pinterest](#) and [Instagram](#).

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## 2 Messages



## 3 Affordable Ways to Help Your Family Eat More Fruit

From: Healthy Eating Program

4:17 PM



To: Your Name

[Details](#)**Make half your plate fruit and vegetables: focus on whole fruit!**

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