

# \$5 A WEEK FOR 5 SERVINGS A DAY



For just \$5, you could buy 35 servings of fruits and veggies. That's enough for one person to get 5 servings a day, for a week!

For example, you might buy:

- 12 oz. frozen orange juice (8 serv.)
- 15 oz. can tomatoes (4 serv.)
- 1 lb. bananas (3 bananas)
- 1 lb. raw carrots (5 serv.)
- 1 lb. cabbage (6 serv.)
- 2 lb. potatoes (6 serv.)
- 15 oz. can pineapple (3 1/2 serv.)

*What low-cost fruits and vegetables do you and your family like?*

## How to get fruits and vegetables without spending a lot

- Include low-cost favorites — frozen orange juice, potatoes and carrots.
- Look for best buys at the store.
- Use fruits and vegetables in season.
- Look for good buys at farmers' markets and roadside stands.



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<b>FOOD</b>	<b>SERV/UNIT</b>
<b>Good buys year round</b>	
bananas	3/lb.
broccoli	4/lb.
cabbage	6/lb.
carrots	5/lb.
celery	4/lb.
frozen orange juice	8/12 oz. can
onions	6/lb.
potatoes	3/lb.
tomato sauce	7/15 oz. can
<b>Good buys in the summer</b>	
cantaloupe	4/melon
corn	1/ear
cucumbers	3/lb.
green beans	5/lb.
green peppers	4/lb.
peaches	5/lb.
pears	4/lb.
plums	4/lb.
spinach and other greens	6/lb.
summer squash	3/lb.
tomatoes	3/lb.
watermelon	4/lb.
<b>Good buys in the fall</b>	
apples	3/lb.
sweet potatoes	3/lb.
winter squash	2/lb.
<b>Good buys in the winter</b>	
cauliflower	4/lb.
grapefruit	4/lb.
kiwifruit	4/lb.
limes	4/lb.
oranges	3/lb.

***Compare prices to find good buys year round***

canned fruit	fruit juice
canned vegetables	raisins
applesauce	vegetable juice