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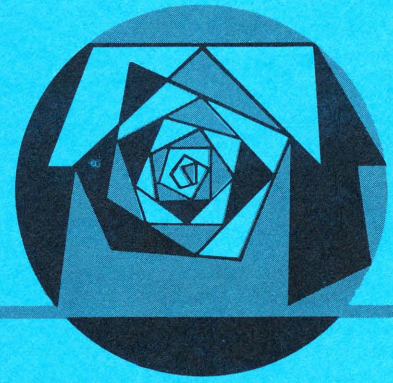
Vegetables What to Look for - Expanded Nutrition & Family Programs  
Michigan State University  
Cooperative Extension Service  
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# Expanded Nutrition & Family Programs



## Vegetables — What to Look For

(A/V)

### THE BIG IDEA (Your Goal)

When I (the aide) have taught this lesson, the homemaker will be able to select vegetables of good quality.

### FACTS BEHIND THE BIG IDEA (For You to Show and Tell the Homemaker)

Look for the best buys in vegetables. Check the fresh produce, canned goods, frozen, and dried food sections of your store. Try new vegetables. Meals will be more interesting. You can get better buys if you are willing to try more foods.

#### Fresh Vegetables

Buy in season—quality is better, prices lower. Don't buy more than you need. Vegetables that spoil are no bargain. Most fresh vegetables can be stored for 2 to 5 days. Root vegetables—onions, potatoes, etc.—can be stored for several weeks.

Buy for quality, not size. Extra large carrots can have poor texture and flavor.

Buy fresh vegetables that are not wilted, soft, or

show signs of decay. A few extra cents for vegetables in good condition gives you more for your money.

Handle with care! Pinching or squeezing vegetables bruises them. Loss to the grocer is passed on to the consumer.

#### Frozen Vegetables

Frozen vegetables usually cost more than canned or fresh in season.

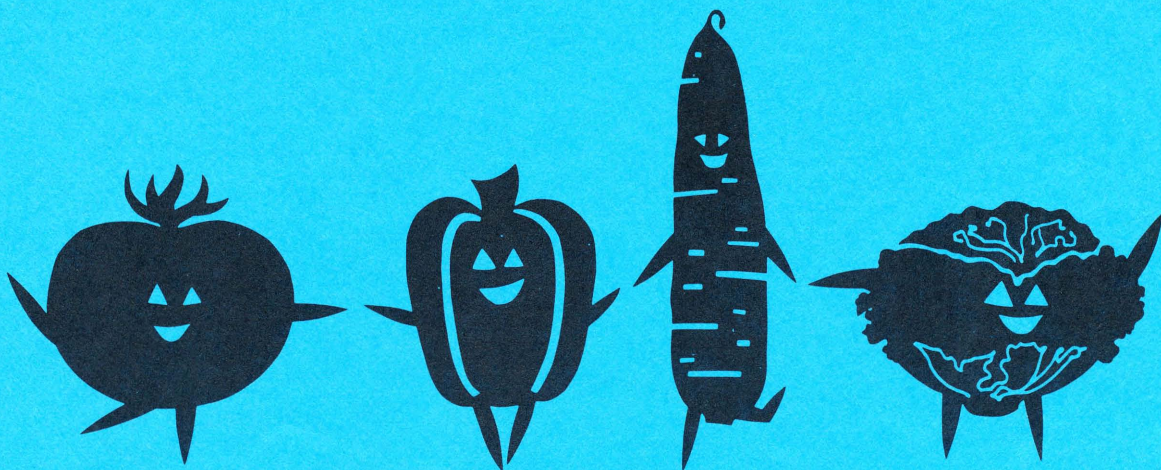
Buy from a store that has a quick turnover of frozen foods.

Buy large family packages or small ones on sale if you have storage space.

Choose clean, firm packages. If the packages are soft, the food has already lost quality.

Season and prepare sauces for frozen vegetables yourself. Frozen vegetables with sauce, butter added, or boil-in-the-bag vegetables usually cost more than plain frozen vegetables. The sauces also add more calories.

Get your frozen foods last, and hurry home to put them away promptly.



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## Canned Vegetables

Watch for specials on canned vegetables. Stock up if you can store them properly.

Try lower priced brands. Chain store and less advertised brands may be of as good quality as widely known products, but cost less.

Check the grades listed on labels of canned products. Thrifty grades B or C will give as much food and nutrition as expensive grades.

Check the cut of the vegetables. Whole vegetables and fancy cut vegetables may cost more but provide no more nutrition than regular cut vegetables.

Try different brands. All have the nourishment you need for good health.

Watch out for damaged cans. Dents that pierce the metal lead to spoilage. Bulged or swollen cans have spoiled contents. Cans should be clean and free of any rust. If not badly damaged, some cans—on sale—may be a good buy.

## Dried Vegetables

Look for dried beans, peas, and lentils that are free of sand, pebbles and burrs.

Buy them in quantities you can store in a dry place free from insects and rodents.

## THINGS TO DO BEFORE VISIT

Plan how to fit the lesson to the homemaker. Use her **Food Recall Record** as a guide.

Look at vegetables in stores to see kinds and quality available.

Read labels on vegetable packages and cans.

Check out unexplained new information in REFERENCES, or ask your trainer-agent.

Collect some vegetable labels—from dried, canned, frozen foods.

## HOW DO YOU KNOW SHE LEARNED?

Look at the vegetables she buys. Talk with her about how she selected them. Ask her which tips that you gave her she has used. Find out if she shares what she has learned with family and neighbors.

## REFERENCES (Available in Your State)

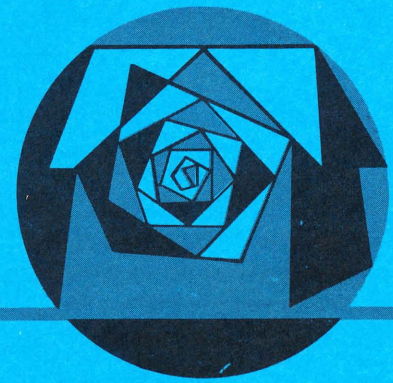
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# Expanded Nutrition & Family Programs



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## Vegetables — What to Look For

(A/V)

(Take this sheet on home visits)

### THE BIG IDEA

When you compare the **quality** of vegetables, you get better taste, better buys.

### HOW TO PRESENT THE BIG IDEA

**Review** why vegetables are important. (Lesson A-7-1)

**See** if the homemaker has vegetables in the house.

**Talk** about quality as you and she look at the vegetables she has already bought.

**Go shopping** with the homemaker to show-and-tell about the quality of vegetables, or . . .

**Use** ads, cartons, cans, and labels you have collected to point out tips about quality.

### HOW DO YOU KNOW SHE LEARNED?

Ask her which tips you gave her were most helpful. Find out how she used them.

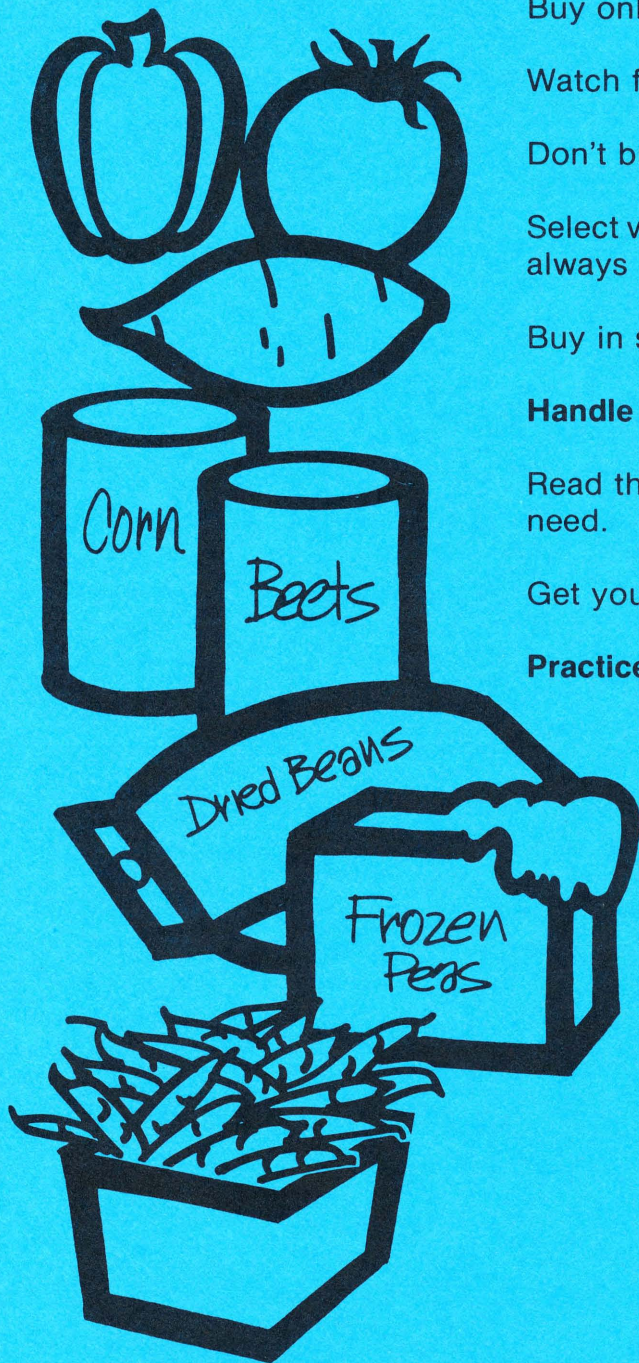
Later, look at the vegetables she buys.

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# Vegetables — What to Look For



Don't buy just because the price is low.

Buy only what you need and can store.

Watch for damaged vegetables.

Don't buy for size alone.

Select vegetables for taste, not looks. Color does not always mean quality.

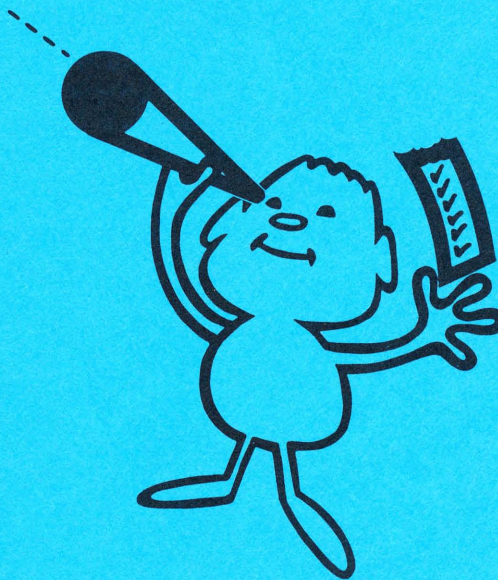
Buy in season, or on sale.

**Handle** fresh vegetables with care!

Read the labels and buy the grade and style you need.

Get your frozen foods **last** when shopping.

**Practice** will be your best guide to using these tips.



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