

## **MSU Extension Publication Archive**

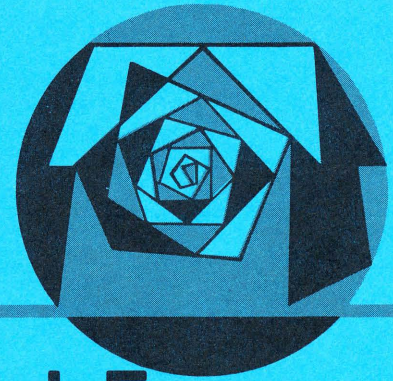
Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

Vegetables What to Look for Handout- Expanded Nutrition & Family Programs  
Michigan State University  
Cooperative Extension Service  
January 1981  
2 pages

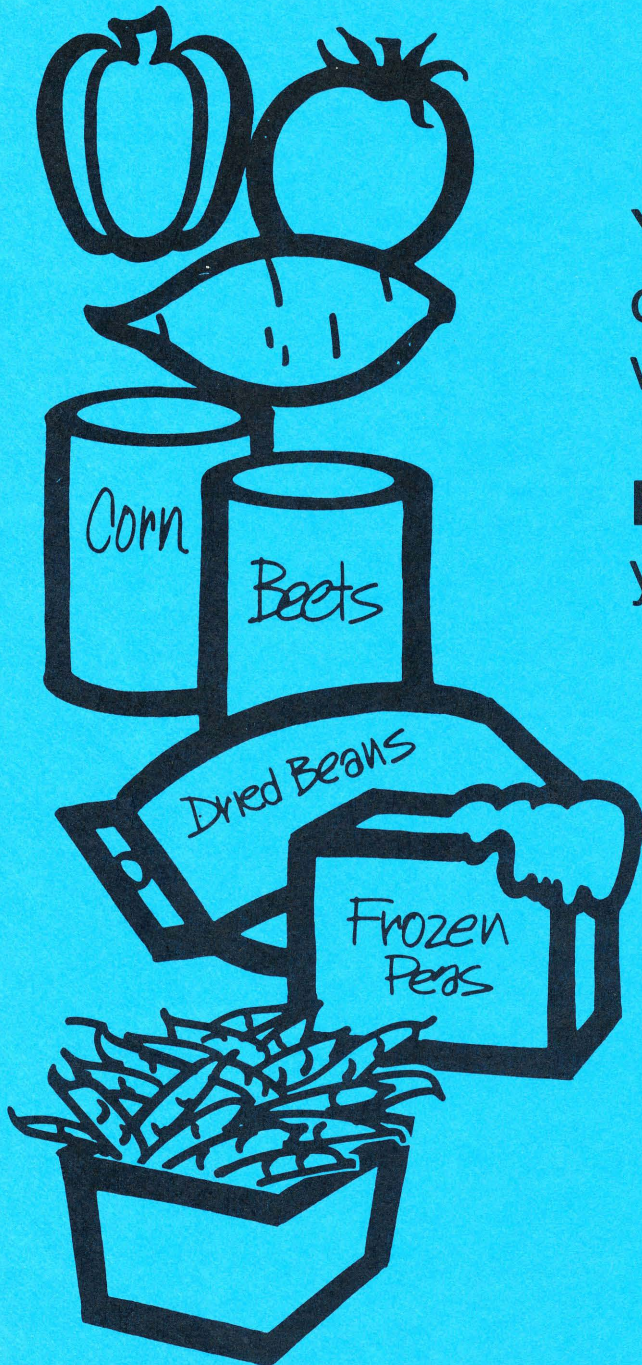
The PDF file was provided courtesy of the Michigan State University Library

**Scroll down to view the publication.**

# Expanded Nutrition & Family Programs

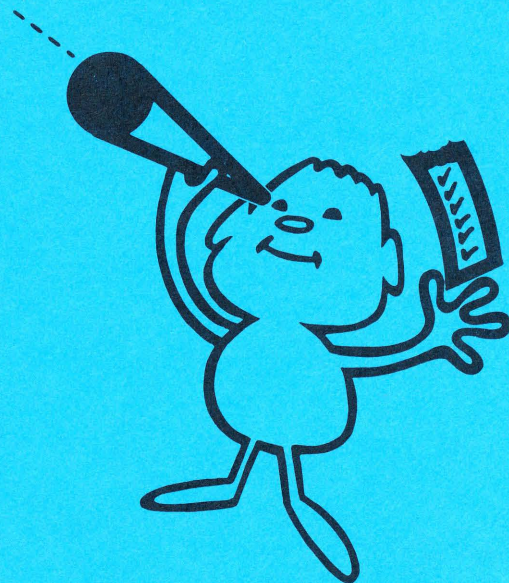


## Vegetables — What to Look For (H)



Your tipsheet on choosing good quality vegetables.

**Practice** will sharpen your shopping skill.



**EXPANDED NUTRITION & FAMILY PROGRAMS**

Cooperative Extension Service • Michigan State University • East Lansing, Michigan 48824

# Tipsheet on Choosing Vegetables —

## How do you rate?

Do you . . .

	<u>YES</u>	<u>NO</u>
Buy just because the price is low? .....	_____	_____
Buy only what you need and can store? .....	_____	_____
Watch for damaged vegetables? .....	_____	_____
Always buy the largest size? .....	_____	_____
Select vegetables for taste, not looks? .....	_____	_____
Buy in season, or on sale? .....	_____	_____
Handle fresh vegetables with care? .....	_____	_____
Read the labels and buy the grade and style you need? .....	_____	_____
Pick up your frozen foods last when shopping?	_____	_____

How can you improve the way you shop for vegetables?

---



---



---



MSU is an Affirmative Action/Equal Opportunity Institution. Cooperative Extension Service programs are open to all without regard to race, color, national origin, or sex.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gordon E. Guyer, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim as a separate or within another publication with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.