

“There are a lot of ways to get the fruits and vegetables you want.”



Farm Fresh

Find a farmers' market that is close to your house or work. If it's close enough, you can even walk there with your kids.

Frozen is Good

If you can't find fresh fruits or vegetables, buy frozen. To get more for your money, buy large bags and seal tightly in the freezer between uses.

Garden Grown

Try growing your own vegetables or herbs at home. Some plants, like tomatoes, zucchini, and basil can grow in a container.

Angelica C.

Stay-at-home mom
Two kids,
ages 4 and 7



For more mom-tested tips and recipes, visit www.CaChampionsForChange.net

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-E, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

