

“With fruits and vegetables, prices can change with the seasons.”



In Season is Best

You get the best deals on fruits and vegetables when you buy them in season. That is when they taste best, too!

Spring and Summer Treats

You can get great deals on berries, melons, tomatoes, and bell peppers in the spring and summer.

Fall and Winter Specials

In the fall and winter, look for apples, pears, oranges, sweet potatoes, broccoli, and cauliflower.

Aracely R.

Stay-at-home mom
Three kids,
an 8 year old, and
twins age 10



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

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

