



Tips for the Supermarket

- The Chartwells Food Focus of the Month is tree fruit. These fruits are rich in vitamins, minerals, phytochemicals, and fiber – they’re a great addition to many meals and snacks in order to give you great nutrition and great taste.
- In fact, these fruits are nutritional powerhouses and there are many different kinds; you should try to eat them most days of the week. You’ll see that this is actually pretty easy!
- In the produce aisle:
 - Apples, pears, and oranges are available year-round but even these have peak seasons of freshness and ripeness. Apples peak in the fall, pears in the fall/winter, and oranges in the winter for example. These fruits are grown domestically in the U.S. and are available in many varieties all the time.
 - Other tree fruits like peaches and plums are an excellent choice when in-season. Buying fruit out of season means you’re paying a lot more, the fruit is often shipped from far away, and the taste and quality may not be as good.
 - Not sure what’s in season? Go to “fruitsandveggiesmorematters.org” and click on the right side of the screen the “What’s In Season?” link to get lists of fruits and veggies peaking in every season
(<http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>)
- In the canned goods aisle:
 - Stock up on canned fruits like applesauce, canned pears, and canned mandarin oranges for a scrumptious fruit salad.
 - Choose canned fruits packed in their own juice or extra light syrup for fewer calories and sugar.
- In the frozen goods aisle:
 - Frozen is another cost-effective, time-saving alternative to fresh. Look for frozen apples, peaches, and mixed fruit to add to smoothies, and thaw for fruit cups anytime.
 - Choose frozen fruit that is not packed with any additional ingredients (like sugar) – it is sweet enough!