

EVERY BITE MATTERS

When it comes to living a long and healthy life, remember, every bite matters. Make fruits & vegetables part of your everyday routine.

MAKE YOUR CHOICE MATTER

**BOOST YOUR ENERGY LEVEL!
LOOK AND FEEL GREAT!**



**EVERY MEAL. EVERY SNACK.
#EVERYBITEMATTERS**

For more information go to everybitematters.dhss.alaska.gov



Funded by USDA
SNAP Ed, an equal
opportunity provider
and employer.

EVERY BITE MATTERS

When it comes to living a long and healthy life, remember, every bite matters. Make fruits & vegetables part of your everyday routine.

MAKE YOUR CHOICE MATTER

GATHERED OR GROCERY
EVERY BITE MATTERS



EVERY MEAL. EVERY SNACK.
#EVERYBITEMATTERS

For more information go to everybitematters.dhss.alaska.gov



Funded by USDA
SNAP Ed, an equal
opportunity provider
and employer.

EVERY BITE MATTERS

When it comes to living a long and healthy life, remember, every bite matters. Make fruits & vegetables part of your everyday routine.

MAKE YOUR CHOICE MATTER



JUST AS HEALTHY

EASY TO PREPARE

ALWAYS READY

EVERY MEAL. EVERY SNACK.
#EVERYBITEMATTERS

For more information go to everybitematters.dhss.alaska.gov



Funded by USDA SNAP Ed, an equal opportunity provider and employer.



#EVERYBITEMATTERS

Find fruits and vegetables in the produce section, frozen foods, and in the canned and pantry food aisles. Compare prices to find the best buys.

- **Buy “in season” produce.** They are usually less expensive and are at their peak flavor. Buy only what you can use before it spoils.
- **Try buying canned.** Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label. These products are just as nutritious as fresh, and often cost less.
- If you have the freezer space, **buy frozen vegetables without added sauces or butter.** They are as good for you as fresh and may cost less.
- **Canned and frozen fruits and vegetables last much longer than fresh** and it’s a quick way to add fruits and vegetables to your meal.

In the Package or Out?

- Store refrigerated vegetables unwashed in their original package or in a plastic bag.
- Fruits and vegetables stored at room temperature, like bananas, apples, or tomatoes, should be taken out of their package and left loose.