



Eat**Right** Ontario

# Food Choices

## When Money is Tight

### STORING **FRUIT**

### How can I keep fruit fresh longer so I don't waste money?

Storing fresh fruit the right way will help it to stay fresh longer. It will also protect nutrients. Follow the storage tips below.

Store bananas at room temperature.

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Tip:

When bananas turn brown, put them in the freezer to use later for fruit smoothies or baked goods.

Store these fruits in the refrigerator:

- Apples
  - Cherries
  - Pineapple
  - Berries
  - Grapes
  - Rhubarb
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Tip:

- Store fresh fruit unwashed. Wash them just before you eat them.
- Keep vegetables and fruit apart. Fruit produces gas that make vegetables spoil. If you have 2 drawers in your fridge, put vegetables in one and fruit in the other.

Ripen these fruits at room temperature, then store in the refrigerator:

- Avocados
  - Grapefruit
  - Kiwifruit
  - Lemons and limes
  - Mangoes
  - Melons
  - Peaches and nectarines
  - Oranges and tangerines
  - Pears
  - Plantains
  - Plums
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Tip:

Buy these fruits at different stages of ripeness. Eat the ripe ones first and let the other ones ripen.





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### When berries and peaches are in season I like to buy them by the basket. What is the best way to freeze fruit?

Try the tray freezing method to freeze fruit. This will help fruit keep its shape and keep it from clumping together. Fruits with high water content like melon do not freeze well.

How to freeze fruit using the tray freezing method:

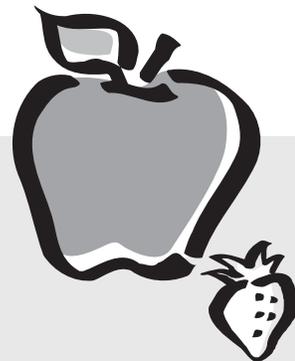
1. **Berries:** Wash berries in a bowl of cold water. Pick out the damaged berries. Drain for 15 minutes in a large colander.  
**Peaches or nectarines:** Wash, pit and slice. Toss lightly in lemon juice to keep from browning.  
**Rhubarb:** Wash, trim ends and slice.
2. Spread the washed fruit in a single layer on a cookie sheet or tray.
3. Put the tray in the freezer for 1 to 2 hours.
4. When the fruit is frozen, store it in sealed bags or containers for up to one year. Label the bag with the name of the fruit and the date.

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To learn more, watch EatRight Ontario videos at <http://www.eatrightontario.ca/en/videolist>.

#### Questions to ask your community service provider OR contact EatRight Ontario

- What is the best way to wash fruit?
- Is organic fruit safer or healthier than other fruit?



To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit [www.eatrightontario.ca/en/budget](http://www.eatrightontario.ca/en/budget)

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## RECIPES

### Fruit Smoothies

Make your own smoothie recipe by blending any combination of frozen, fresh or canned fruit with yogurt. Add milk or juice to get the right consistency. Here are a few recipes to try.

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#### Banana Berry Smoothie Serves 2

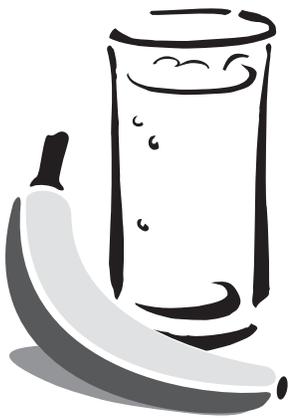
1	banana	1
1 cup	fresh or frozen berries (any combination)	250 mL
1 cup	milk	250 mL
¾ cup	plain or berry flavoured low-fat yogurt	175 mL

#### Blueberry Orange Smoothie Serves 2

1 cup	fresh or frozen blueberries	250 mL
1 cup	orange juice	250 mL
1 cup	vanilla low-fat yogurt	250 mL

#### Mango Peach Lassi Serves 2

½ cup	fresh, frozen or canned mango	125 mL
½ cup	fresh, frozen or canned peaches	125 mL
½ cup	milk or vanilla-flavoured soy beverage	125 mL
½ cup	vanilla low-fat yogurt	125 mL
½ cup	ice cubes	125 mL





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## RECIPES

### Fruit Oatmeal Crisp Serves 6

3	apples, peeled, cored and sliced (or 4 cups of fresh, frozen or drained canned fruit)	1 L
½ cup	quick-cooking oats	125 mL
3 tbsp	flour	45 mL
1/3 cup	packed brown sugar	75 mL
½ tsp	ground cinnamon	2 mL
¼ cup	margarine, melted	50 mL

Recipe tip:

This dish can be cooked in a glass dish in the microwave for 12 minutes instead of baking in the oven.

1. Heat oven to 375° F.
2. In a small bowl, mix together oats, flour, brown sugar and cinnamon.
3. Add melted margarine and mix together.
4. Place sliced apples in a 6-cup (1.5 L) baking dish
5. Crumble oat mixture evenly over the apples.
6. Bake for about 30 - 40 minutes until fruit is soft.

*Adapted with permission from **You Can Cook**,  
Nanaimo Community Kitchens Society  
[www.nanaimocommunitykitchens.org](http://www.nanaimocommunitykitchens.org)*



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