

# Fresh vs. Canned vs. Frozen

A side-by-side-by-side comparison of the pros and cons of different types of produce.

## Fresh Often the best taste & quality

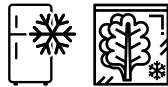


Fresh produce has the highest nutritional content when consumed at peak freshness, in season. Also, the texture is least compromised due to processing, so fresh produce is often versatile in the kitchen.

- **Enjoy them Raw:** Salads, slaws, and many raw veggies on their own work best with fresh produce.
- **Nothing Added:** No added ingredients, just 100% pure fruit or veggie.
- **Perishable:** Average shelf life is about 1 week in the fridge. Make sure to plan ahead to reduce waste.
- **Watch the Price:** Fresh can be more expensive; however, shopping in season can decrease costs.

---

## Frozen Long Shelf-Life



Frozen produce items can be kept in the freezer for around 8-10 months. Check each product for its exact expiration date.

- **High Nutrient Content:** Frozen fruits & vegetables are harvested and frozen at their peak freshness. This helps preserve nutrient content!
- **Cost-Saving:** Frozen produce is a great way to continue to serve specific food items when fresh produce is out of season, without going over budget.
- **Limited Preparation Options:** Frozen produce items work best in smoothies, or for use in cooked dishes such as casseroles, stir-fries, pastas, and soups.

---

## Canned Budget-Friendly AND Long Shelf-Life



Canned produce is often the most affordable and convenient option.

- **Longest Shelf-Life:** Canned items have a long shelf life (usually around 2-5 years). Check each product for its exact expiration date.
- **Nutrient Content Not Affected:** While the high heat used in canning can decrease B-complex vitamins and vitamin C, it preserves mineral content and can actually increase the antioxidant content.
- **Watch for Added Ingredients:** Added sodium and/or sugar are common in canned fruits and vegetables. Look for no-salt added veggies and fruit without added sugar or syrup.