



frozen veggies

Frozen vegetables are a great buy! When fresh vegetables are out of season and cost too much, use frozen vegetables.

Frozen vegetables can even have more nutrition than fresh vegetables. They are picked when fully ripe and quickly frozen to preserve their nutrition and flavor.

You can save money by reducing waste when using frozen vegetables.

Open a bag and use only what you need. Close the bag tightly and return to the freezer as soon as possible. Frozen vegetables can add variety to your meals. Tired of opening cans of corn or green beans for your family?

Try a new blend of vegetables for dinner:

- cauliflower, broccoli and carrots
- brussel sprouts, cauliflower and carrots
- carrots, peas, corn, green beans and lima beans

*Heat 1 tablespoon olive oil in a large skillet.
Stir fry your favorite veggie blend for a few minutes.*



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