

# URI SNAP-ED NUTRITION



## NEWSLETTER



### GUIDE TO CANNED FOODS

## Why buy canned foods?

Canned fruits, vegetables, beans, chicken, and tuna are great to keep in your pantry for cooking easy meals. Here are some benefits of canned foods.



#### Save Money

Canned foods tend to cost less than fresh food.

#### Reduce Food Waste

Canned foods last longer in your pantry.



#### Cook a Quick Meal

Canned proteins like tuna and chicken are ready to eat.



#### Cook Meals Full of Nutrients

Canned fruits and vegetables have the same nutrients as fresh fruits and vegetables.



The next page gives ideas for healthier options. 

Make sure to visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and nutrition information!



RISNPed



URI\_Nutrition\_Ed



Community Nutrition Education RI



URI Nutrition



### Technology Spotlight:

#### Digital Grocery Store Coupons:



Coupons are a great way to save money!

- Download your favorite grocery store app, and save coupons on your smart phone
- You may need to create an account depending on the grocery store of your preference

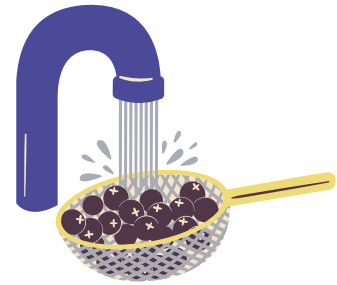
## When buying canned foods...



choose low-sodium options for a healthier choice with less added salt.



look for fruits in 100% juice instead of syrup to reduce the amount of added sugars.



rinse canned fruits and veggies to reduce added salt and sugar.

## Southwestern Salad

**Serves: 8** Serving size:  $\frac{3}{4}$  cup

### Ingredients

1 (15 ounce) can black beans, drained & rinsed  
1 cup corn, fresh or frozen  
1 medium tomato, chopped  
 $\frac{1}{4}$  cup chopped red onion  
1 scallion, chopped  
1 tablespoon fresh chopped cilantro  
Juice of 1 lime (2 tablespoons)  
3 tablespoons olive oil  
 $\frac{1}{4}$  teaspoon salt  
Black pepper, to taste

### Directions

1. Combine beans, corn, tomato, onion, scallion, and cilantro.
2. Mix together lime juice, olive oil, salt, and pepper. Pour over salad.
3. Mix well and marinate in the refrigerator for 30 minutes before serving.



## Peaches & Cream Smoothies

**Serves: 8** Serving size:  $\frac{3}{4}$  cup

### Ingredients

1 banana, frozen  
1 (15 ounce) can peaches, in 100% juice  
1 cup low-fat plain yogurt

### Directions

1. Put all the ingredients into the blender.
2. Blend until smooth and pour into cups. Enjoy!

