

Mango

Enjoy Frozen Fruits and Vegetables!

Frozen fruits and vegetables are just as nutritious as fresh ones. Not only are they cheaper, they're also pre-cut, which makes them convenient to add to any dish. Grab frozen mangoes from your freezer to top yogurt or blend in a smoothie.



Do you have kids at home under age 5? WIC may be able to help provide monthly groceries, including fruits and vegetables. Call 1-800-532-1579 for information on how to apply.

Is it Safe to Eat?

There are no uniform descriptions for dates stamped on food products.

Examples of phrases you may find:

- ◆ A "Best if Used By/Before" means a product has the best flavor or quality. It is not a purchase or safety date.
- ◆ A "Sell-By" date tells the store how long to display the product for sale to manage their inventory. It is not a safety date.
- ◆ A "Use-By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date except when used on infant formula.

Fuel your fun

Eat fruits and veggies.



Frozen fruits and veggies are cheaper and are just as nutritious.



Avocado and Mango Salsa

Serves: 4

Ingredients

- ◆ 1 ripe avocado, peeled, pitted, cubed
- ◆ 1 ripe mango, peeled, pitted, cubed
- ◆ 12 cherry tomatoes, cut in half
- ◆ ¼ cup crumbled feta cheese
- ◆ 1 tablespoon olive oil
- ◆ 1 tablespoon fresh lemon or lime juice
- ◆ Salt and pepper to taste

Directions

- 1** Put the avocado, mango and tomatoes, and feta cheese, if using, in the bowl and gently stir with the large spoon.
- 2** Drizzle with the oil, lemon or lime juice, salt and pepper. Now taste it. Does it need more lemon or lime juice? More salt or pepper? If so, add it and taste again.
- 3** Cover and refrigerate up to 4 hours or serve right away, over grains or greens.

Adapted from <http://www.chopchopmag.org/recipe/avocado-and-mango-salsa>.



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