Fruits and veggies are the best when they are in season because they have the most flavor and nutrients, and are the most plentiful.

**Tips**
- Fruits and veggies are in season: when growing on trees and plants, on sale, or ask your produce person at the grocery store for what is in season.
- Select fruits and veggies free from damage (no bruises, punctures, decay).
- Buy only what you can eat within a week.
- Wash all fruits and veggies before cutting or eating. Rinse with running water.
- When fresh produce is not available, use frozen, canned, dried, or 100% juice as alternatives.

**Ideas**
- For easier chewing: cut raw veggies into small bite-size pieces, grate, or partially cook in microwave.
- Add veggies in season to your main dish: for example, add zucchini, cabbage, or bell peppers to your soup, casserole, or stew.

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