



# ADD COLOR TO YOUR PLATE

**Bring color to your plate with fruits and veggies.**

To save money, check out fruits and veggies that are grown where you live and are in season. Fruit and veggies that grow in your state can cost less if they are bought in the same season they grow.

Even though it gets cooler in the fall and cold in the winter you can get fresh fruits and veggies at your food store. Here are some fruits and veggies that you can find in fall and winter:



Sweet Potatoes  
Pumpkins  
Figs  
Cabbage  
Apples  
Carrots

Squash  
Grapes  
Cranberries  
Kale  
Bananas  
Beets



Fruits and veggies that have color have things called phytonutrients or fight-o-nutrients. These give fruit and veggies their color. They also help lower the risk of some diseases. Eat fruits and veggies of all colors for good health.

Use fall and winter fruits and veggies when you prepare:

- Pies
- Muffins
- Stews
- Soups
- Salads
- Rice dishes or
- Any favorite dish

**More Color on Your Plate Means Better Health.**

**REMEMBER – MORE MATTERS!**

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**NJ SNAP-Ed**  
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