

Canned Fruit Packed in 100% Juice

CREATE
HEALTHY CHOICES



- USDA recommends consuming 2 cups fruit every day
- Canned fruit can store up to two years
- The vitamins in fruit can improve heart health, immunity, and metabolism
- Use canned fruit in yogurt parfaits, fruit salads, sweet and sour sauces, or as salad or pancake topper

CREATE SNAP-ED
BETTER HEALTH

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