Vegetables: The Truth on Fresh, Frozen, Canned

Vegetables are important to eat whether they are fresh, frozen, or canned. Vitamins, fiber, and other essential nutrients are found in vegetables in any form, and those nutrients help keep you healthy and feeling great!

**Fresh Vegetables**

Fresh vegetables are flavorful, especially when they’re in season. And that’s when they’re usually most affordable, too. Save money on fresh vegetables by buying only the amount your family can eat before they spoil. Look for locally grown vegetables at the grocery store or farmer market. Many Minnesota farmers markets accept EBT cards.

**Frozen Vegetables**

Frozen vegetables are picked when they are ripe and perfect for eating. Then they are flash frozen to seal in the nutrients. Frozen vegetables can be stored safely in the freezer for months without spoiling.

**Canned Vegetables**

Canned vegetables are picked at the peak of freshness and are an affordable way to get the benefits of vegetables, but due to processing, they may contain more salt. Choose "low sodium" options at the store or rinse canned vegetables in water before adding them to your favorite dish. Stock up when they go on sale because they have a long shelf life.

**Physical Activity Corner**

November’s weather can range from pleasantly crisp to unbearably cold. But children can get their exercise whatever the temperature. They can go outside and rake leaves and jump in the pile, play tag or hide and seek, or go to the playground and play on the equipment. Or they can stay inside and climb the stairs two or three times in a row, put on some music and dance or play air guitar, jump rope, or do step-ups on to a sturdy stool.

**CHICKEN RICE SOUP WITH VEGGIES**

Servings: 6  
Serving Size: 1/2 cup

**Ingredients**

- 1 can chicken (undrained, about 12.5 ounces) or about 15 ounces cooked, shredded chicken pieces
- 1 teaspoon dried parsley
- 5 stalks celery
- 1 medium onion
- 1 teaspoon black pepper
- 4 cups water
- 1 tablespoon margarine
- 1 cup brown rice (uncooked)
- 1 can low-sodium green beans (drained)
- 1 can low-sodium carrots (drained)

**Directions**

1. In a large pot, over high heat, combine chicken, celery, onion, pepper, parsley, and water. Stir and bring to boil. Reduce heat to low and cook, covered, for 35 minutes.
2. Cook rice according to package directions.
3. Add carrots, green beans, and cooked rice to large pot and heat for 5 more minutes over medium heat.
4. Serve hot.