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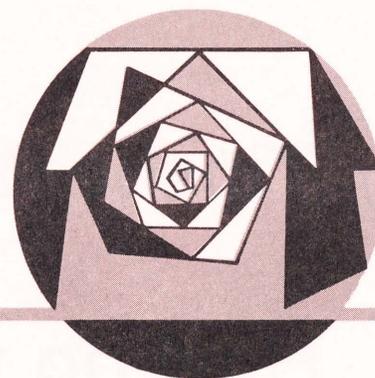
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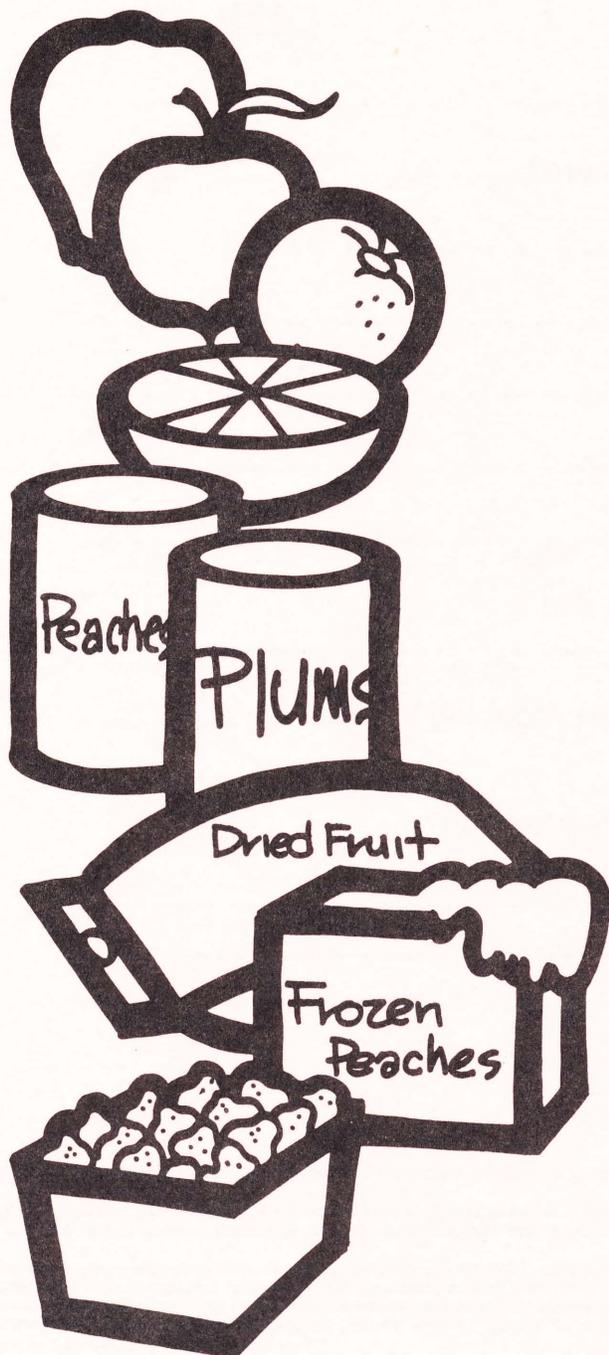
# Expanded Nutrition & Family Programs



## Fruit—What to Look For

(H)

(Leave with Homemaker)



Your tipsheet on choosing good quality fruits.

**Practice** will sharpen your shopping skill.



EXPANDED NUTRITION & FAMILY PROGRAMS

Cooperative Extension Service

Michigan State University

East Lansing, Michigan 48824

# Tipsheet on Choosing Fruits—

## How do you rate?

Do you . . .

	<u>YES</u>	<u>NO</u>
Buy just because the price is low? .....	_____	_____
Buy only what you need and can store? .....	_____	_____
Watch for damaged fruit? .....	_____	_____
Always buy the largest size? .....	_____	_____
Select fruit for taste, not looks? .....	_____	_____
Buy in season, or on sale? .....	_____	_____
Handle fresh fruits with care? .....	_____	_____
Read the labels and buy the grade and style you need? .....	_____	_____
Pick up your frozen foods last when shopping? .....	_____	_____

How can you improve your shopping for fruit?

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