

I CAN be a Healthy Eating Hero

Eat the rainbow every day! Each color of fruits and vegetables provides unique health benefits to help your body grow strong and stay healthy. Fresh produce is great, but canned fruits and vegetables can also be a nutritious, affordable, and convenient way to add more color to your plate.



Skip cans with dents or damaged lids or rims. Damaged cans can increase the risk of contamination and foodborne illness.

Stretch your budget by choosing store brands. They offer the same nutrition as name brands at a lower cost.

Rinse canned fruits and vegetables before eating to reduce sodium by up to 40%.

Choose canned fruits and vegetables with little to no added sodium or sugar and avoid options packed in heavy or light syrup to support heart health and reduce added sugar intake.

Daily movement gives your body superpower energy!

Read the ingredient list—simple is best! Look for fruits or vegetables packed in water or juice, with little to no added ingredients.



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Create A Technicolor Pantry!

Here are some CAN-do ways to make a technicolor pantry filled with produce this summer!



Other Better-For-You Canned Picks: Beans, Pumpkin, Peas, Plums, Mushroom, Artichoke Hearts, Peaches, Pears, Mandarin Oranges, Grapefruit, White Potatoes.